

USDA National Nutrient Database for Standard ReferenceRelease 27

Nutrients: Vitamin B-6 (mg)

Food Subset: All Foods  
Ordered by: Food Name  
Measured by: Household  
Report Run at: December 19, 2014 17:35 EST

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09002	Acerola juice, raw	242.0	1.0 cup	0.010
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.009
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.010
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.014
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.001
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.002
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.000
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.003
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.000
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.000
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.006
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.014
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.016
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.000
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.000
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.000
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.001
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.006
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0.080
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.017
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.017
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.015
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.015
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.011
20002	Amaranth grain, cooked	246.0	1.0 cup	0.278
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.141
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.234
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.234
11003	Amaranth leaves, raw	28.0	1.0 cup	0.054
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.000
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.045
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.032
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.045
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.079
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.079
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.245
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.245
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.903
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1.058
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.169
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.437
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.098
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.270
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.113
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.502
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.336
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.081
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.021
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.090
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.090
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.104
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.168
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.132

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09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.128
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.108
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.066
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.059
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.049
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.053
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.056
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.040
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.037
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.051
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.041
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.075
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.078
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.066
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.066
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.066
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.066
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.055
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.055
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.133
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.133
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.139
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.139
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.120
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.132
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.137
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.131
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.123
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.401
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.619
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.278
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.128
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.186
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.145
09021	Apricots, raw	155.0	1.0 cup, halves	0.084
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.025

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11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.025
11005	Arrowhead, raw	25.0	1.0 large	0.065
20003	Arrowroot flour	128.0	1.0 cup	0.006
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.319
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.097
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.097
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.146
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.146
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.069
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.148
11959	Arugula, raw	2.0	1.0 leaf	0.001
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.266
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.120
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.120
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.071
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.071
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.036
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.036
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.064
11011	Asparagus, raw	134.0	1.0 cup	0.122
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.386
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.660
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.179
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	0.210
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.003
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.019
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.009
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.010
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.014
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.046
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0.001
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.009
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.038
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.039
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.254
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.025

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.015
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.014
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	0.009
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.017
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.036
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.007
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.032
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.008
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	0.026
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	0.005
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.015
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.039
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.039
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.010
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.018
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.019
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	0.018
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.017
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.068
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.057
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.011
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.029
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.004
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.017
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	0.013
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	0.012
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.020
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.037
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.017
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.024
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.033
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	0.016
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	0.045
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.006
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.006
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.007

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03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.006
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.017
03213	Babyfood, cookies	28.35	1.0 oz	1.672
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.011
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.017
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.001
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.020
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.012
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.060
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.003
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.003
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.069
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.046
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.005
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.003
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.005
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.006
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.008
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.006
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.001
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.001
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.002
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.002
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.003
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.009
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.024
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.039
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.020
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.005
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.006
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.021
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.094
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.015
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.010
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.005
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.008

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03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.010
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.042
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.007
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.005
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.010
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.008
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.009
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.014
03279	Babyfood, dinner, mixed vegetable, junior	28.35	1.0 oz	0.021
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.021
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.124
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.045
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.010
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.024
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.022
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.008
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.008
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.037
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.148
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.161
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.161
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.118
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.014
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.013
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.118
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.184
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.012
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.118
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.005
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.005
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.133
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.113
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.184
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.007
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.006
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.056

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03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.012
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.010
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.012
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.010
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.010
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.010
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.005
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.005
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.011
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.010
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.011
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.011
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.016
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.005
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.005
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.004
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.004
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.553
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.014
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.012
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.044
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.021
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.017
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.004
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.007
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.003
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.003
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.002
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.003
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.002
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.001
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.004
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.004
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.024
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.012
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.003



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.003
44074	Babyfood, grape juice, no sugar, canned	31.2	1.0 fl oz	0.019
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.011
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.009
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.004
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.009
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.009
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.010
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.011
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.007
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.009
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.011
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.022
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.057
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.016
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.013
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.017
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.012
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.019
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.017
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.017
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.019
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.015
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.003
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.019
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.056
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.151
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.125
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.011
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.006
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.010
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.028
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.030
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.057
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.038
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.052

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.008
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.008
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.058
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.002
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.006
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.004
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.008
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.016
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.006
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	0.175
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	0.020
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.011
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.011
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.138
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.017
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.037
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.114
03215	Babyfood, pretzels	28.35	1.0 oz	0.024
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.016
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.014
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.002
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.020
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.012
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.018
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.031
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.115
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.124
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.090
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.054
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.179
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.164
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.098
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.046
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.028
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.084
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.091

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.080
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.016
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.003
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.180
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.011
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.011
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.208
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.253
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	0.011
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	0.006
07921	Bacon and beef sticks	28.0	1.0 oz	0.140
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.006
16104	Bacon, meatless	144.0	1.0 cup	0.690
18968	Bagel, wheat	98.0	1.0 bagel	0.144
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.016
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.014
18003	Bagels, egg	28.35	1.0 oz	0.025
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.011
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.069
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.014
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	0.017
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.014
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.014
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.007
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.020
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.008
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.441
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.441
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.032
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.051
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.051
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.040
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.178
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.118
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.118
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.362

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.440
09040	Bananas, raw	225.0	1.0 cup, mashed	0.826
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.074
20130	Barley flour or meal	148.0	1.0 cup	0.586
20131	Barley malt flour	162.0	1.0 cup	1.061
20004	Barley, hulled	184.0	1.0 cup	0.585
20006	Barley, pearled, cooked	157.0	1.0 cup	0.181
20005	Barley, pearled, raw	200.0	1.0 cup	0.520
02044	Basil, fresh	2.5	5.0 leaves	0.004
42182	Bean beverage	230.0	1.0 cup	0.230
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.221
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.249
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.221
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.691
16004	Beans, adzuki, yokan, mature seeds	14.0	1.0 slice	0.001
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.329
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.213
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.239
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.119
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.162
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.125
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.155
16005	Beans, baked, home prepared	253.0	1.0 cup	0.228
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.132
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.142
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.142
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.526
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.132
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.119
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.119
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.555
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.683
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.143
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.143
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.143
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.603

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.131
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.186
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.186
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.738
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.278
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.278
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.207
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.207
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.818
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.189
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.212
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.212
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.730
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.184
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.184
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.730
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.156
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.205
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.212
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.212
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.730
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.184
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.184
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.729
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.077
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.072
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	0.205
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.040
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.270
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.251
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.251
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.890
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.199
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.296
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.296
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.107

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.182
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.182
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.202
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.178
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.324
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.392
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.392
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.915
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.120
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.227
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.227
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.944
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.050
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	0.072
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.046
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.036
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.040
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.070
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.070
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.070
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.053
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.081
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.144
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.141
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.057
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.036
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.057
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.036
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.070
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.070
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.051
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.081
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.074
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.196

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.166
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.166
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.642
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.228
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.228
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.866
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.018
14114	Beef broth and tomato juice, canned	30.5	1.0 fl oz	0.007
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.315
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.356
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.135
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.092
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.171
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.248
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.479
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.434
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.473
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.492
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.484
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.506
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.466
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.494
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.510
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.512
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.529
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.502
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.498
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.507
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.524
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.536
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.274
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.266
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.242
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.240
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.361
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.236

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.343
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.242
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.379
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.270
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.275
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.267
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.090
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.147
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.093
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.137
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.087
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.152
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.204
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.212
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.102
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.238
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.230
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.221
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.108
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.119
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.094
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.094
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.231
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.287
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.229
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.286
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.236
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.287
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.303
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.243



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.302
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.251
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.303
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.323
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.326
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.318
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.310
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.325
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.352
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.348
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.343
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.339
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.326
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.351
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.370
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.317
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.308
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.303
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.277
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.347
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.350
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.333
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.334
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.294
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.386
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.379
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.434
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.482

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.429
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.483
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.444
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.483
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.241
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.245
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.251
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.129
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.246
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.120
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.252
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.138
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.280
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.263
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.094
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.151
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.098
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.139
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.091
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.158
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.221
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.102
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.221
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.099
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.221
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.102
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.228
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.218
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.241
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.236
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.229
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.247
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.232
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.115
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz ( 1 serving )	0.222

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.537
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.351
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.525
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.346
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.561
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.378
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.550
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.354
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.537
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.348
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.574
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.381
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.273
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.272
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.275
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.274
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.272
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.275
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.244
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.252
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.232
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.252
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.262
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.260
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.262
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.264
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.247
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.264
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.275
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.191
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.206

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.176
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.206
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.209
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.228
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving ( 3 oz )	0.490
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.558
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving ( 3 oz )	0.482
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.572
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	1.061
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving ( 3 oz )	0.329
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.314
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving ( 3 oz )	0.320
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.319
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving ( 3 oz )	0.349
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.304
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.323
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.272
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.397
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.329
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.275
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.406
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.351
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.339

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.336
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.342
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.388
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.358
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.355
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.344
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.339
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.346
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.392
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.366
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.337
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.323
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.358
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.362
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.345
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.251
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.252
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.248
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.270
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.272
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.268
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.265
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.264

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.267
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.277
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.276
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.280
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.272
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.280
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.289
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.111
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.280
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.111
13802	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked	85.0	3.0 oz	0.314
13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.111
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.289
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.111
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.298
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.306
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.298
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.545
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.105
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.116
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.196
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.082
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.037
13350	Beef, cured, dried	28.0	10.0 slices	0.108
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.070
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.157
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.047
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.098
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	0.096
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.492
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.492
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.298
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.467
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.162
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.518

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.498
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.509
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.513
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.306
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.492
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.169
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.525
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.514
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.302
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.553
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.264
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.282
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.286
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.314
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.272
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.298
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.292
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.340
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.280
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.303
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.365
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.287
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.325
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.312
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.294
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.295
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.337
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.322
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.417
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.300

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.345
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.433
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.328
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.303
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.350
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.332
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.443
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.306
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.355
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.453
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.337
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.370
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.323
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.488
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.377
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.579
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.587
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.511
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.565
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.522
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.583
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.523
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.592
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.569
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.584
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.518
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.602
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.562



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.524
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.650
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.523
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.738
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.580
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.605
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.479
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.607
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.484
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.605
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.469
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.626
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.491
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.613
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.501
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.611
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.479
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.552
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.455
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.546
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.462
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.564
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.445
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.611
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.491
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.607
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.501
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.619
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.479
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.470

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.340
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.497
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.484
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.337
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.339
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.340
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.336
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.351
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.315
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.446
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.462
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.445
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.518
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.533
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.458
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.742
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.756
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.634
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.496
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.494
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.414
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.560
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.560
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.555
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.153
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	113.0	4.0 oz	0.356
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.162
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	113.0	4.0 oz	0.374
23448	Beef, New Zealand, imported, brisket naval end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.071
23449	Beef, New Zealand, imported, brisket naval end, separable lean and fat, raw	113.0	4.0 oz	0.200
23399	Beef, New Zealand, imported, brisket naval end, separable lean only, cooked, braised	85.0	3.0 oz	0.087
23401	Beef, New Zealand, imported, brisket naval end, separable lean only, raw	113.0	4.0 oz	0.268
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.155

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	113.0	4.0 oz	0.342
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.166
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	113.0	4.0 oz	0.364
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.118
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	113.0	4.0 oz	0.198
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.125
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.239
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	113.0	4.0 oz	0.287
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.259
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	113.0	4.0 oz	0.316
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.285
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.365
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.286
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.372
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.100
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.226
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.102
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.232
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.140
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.299
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.145
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.312
23414	Beef, New Zealand, imported, heart, cooked, boiled	85.0	3.0 oz	0.104
23415	Beef, New Zealand, imported, heart, raw	113.0	4.0 oz	0.181
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.118
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.278
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.122
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.293
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.415
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.071
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.071
23421	Beef, New Zealand, imported, kidney, cooked, boiled	85.0	3.0 oz	0.216
23423	Beef, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.357
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.271
23424	Beef, New Zealand, imported, liver, cooked, boiled	85.0	3.0 oz	0.384
23425	Beef, New Zealand, imported, liver, raw	113.0	4.0 oz	0.484

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.136
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.219
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.084
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.172
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.084
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.176
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.226
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.288
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.233
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.310
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.235
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.312
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.237
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.299
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.275
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.357
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.048
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.059
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.035
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.046
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.195
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.298
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.196
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.302
23442	Beef, New Zealand, imported, tongue, cooked, boiled	85.0	3.0 oz	0.061
23443	Beef, New Zealand, imported, tongue, raw	113.0	4.0 oz	0.106
23444	Beef, New Zealand, imported, tripe uncooked, cooked, boiled	85.0	3.0 oz	0.011
23445	Beef, New Zealand, imported, tripe uncooked, raw	113.0	4.0 oz	0.040
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.411
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.358
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.393
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.359
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.438
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.357
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.418
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.372

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.400
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.374
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.445
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.370
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.382
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.327
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.371
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.318
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.399
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.340
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.389
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.342
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.378
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.333
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.407
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.354
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.273
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.278
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.405
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.421
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.040
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.031
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.404
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.385
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.431
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.462
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.439
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.496
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.399
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.394
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.408
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.459
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.454
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.467
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.392

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.382
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.405
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.465
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.451
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.487
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.425
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.346
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.389
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.349
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.480
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.339
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.474
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.397
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.437
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.407
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.530
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.382
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.405
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.373
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.454
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.474
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.437
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.530
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.351
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.337
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.371
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.415
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.397
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.443
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.338
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.343
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.330
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.397
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.407
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.382
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.485

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.520
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.257
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.414
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.313
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.393
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.297
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.446
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.337
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.482
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.374
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.462
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.354
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.510
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.404
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.562
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.451
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.102
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.511
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.119
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.196
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.196
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.196
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.082
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.196
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.187
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.082
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.230
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.196
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.079
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.196
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.196
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.082
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.221
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.221
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.221

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.187
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.085
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.339
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.111
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.485
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.298
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.298
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.460
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.204
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.149
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.416
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.204
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.146
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.289
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.255
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.099
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.506
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.204
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.459
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.536
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.340
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.340
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.180
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.177
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.172
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.193
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.180
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.167
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.230
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.196
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.088
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.230
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.088
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.255



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.221
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.088
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.238
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.204
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.091
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.551
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.547
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.489
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.319
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.335
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.314
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.331
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.349
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.314
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.744
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.749
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.614
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.458
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.477
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.391
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.106
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.317
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.306
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.299
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.314
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.295
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.291
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.299
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.316
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.323
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.107
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.186
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.109
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.185
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.185
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.375

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.366
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.384
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.366
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.174
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.367
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.173
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.365
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.523
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.388
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.393
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.392
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.131
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.136
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.129
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.689
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.545
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.694
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.548
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.683
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.539
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.693
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.547
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.697
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.686
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.541
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.548
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.707
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.545
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.711
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.700
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.540
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.711
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.547

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.716
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.704
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.541
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.316
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.181
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.318
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.181
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.314
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.179
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.113
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.189
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.118
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.191
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.111
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.186
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.323
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.133
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.323
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.133
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.340
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.349
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.744
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.448
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.438
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.447
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.388
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.448
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.475
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.524
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.814
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.520
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.445
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.572

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.613
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.578
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.612
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.561
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.615
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.299
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.302
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.506
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.297
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.525
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.323
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.323
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.323
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.314
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.520
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.328
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.307
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.534
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.116
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.116
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.116
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.662
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.536
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.669
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.542
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.653
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.666
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.540
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.673
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.545
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.656

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.532
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.746
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.537
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.754
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.543
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.735
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.530
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.750
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.540
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.757
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.545
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.739
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.532
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.343
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.238
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.238
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.238
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.230
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.230
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.484
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.142
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.230
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.238
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.238
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.495
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.185
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.343
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.184
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.468
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.342
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.187
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.121
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.575
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.127
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.189
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.118

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.192
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.209
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.314
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.133
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.310
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.312
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	0.307
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.530
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.529
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.558
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.502
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.486
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.571
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.588
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.340
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.340
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.340
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.586
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.624
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.550
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.534
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.638
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.643
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.542
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.644
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.539
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.641
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.547
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.307
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.305
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1 serving )	0.309
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.563
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.486
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.563
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.483
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.564

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.490
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.331
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.331
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.546
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.323
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.478
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.443
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.331
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.178
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.172
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.531
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.184
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.553
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.490
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.479
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.506
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.496
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.484
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.511
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.455
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.430
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.491
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.462
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.435
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.502
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.569
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.564
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.576
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.579
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.573
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.337
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.343
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.323
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.352
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.336

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.331
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.343
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.346
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.331
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.355
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.339
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.333
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.212
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.408
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.280
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.212
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.108
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.471
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.455
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.738
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.454
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.331
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.690
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.797
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.177
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.175
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.171
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.172
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.182
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.176
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.563
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.551
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.620
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.823
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.814
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.891
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.349
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.347
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.373
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.502
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.500



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.535
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.360
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.354
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.339
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.488
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.547
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.548
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.522
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.491
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.552
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.479
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.471
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.454
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.374
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.152
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.505
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.485
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.558
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.536
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.579
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.179
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.175
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.155
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.170
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.184
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.178
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.331
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.122
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.064
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.208
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.079
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.332
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.189
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.692
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.832
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.921

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.017
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.011
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.082
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.153
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.057
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.034
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.020
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.009
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.068
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.045
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.132
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.088
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.000
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.004
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.080
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.129
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.129
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.190
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.190
11086	Beet greens, raw	38.0	1.0 cup	0.040
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.089
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.135
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.135
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.057
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.057
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.135
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.114
11080	Beets, raw	136.0	1.0 cup	0.091
14638	Beverage, Horchata, as served in restaurant	228.0	1.0 cup	0.039
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.014
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.084
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.112
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.008
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.025

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.390
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.499
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.536
14531	Beverages, alcoholic , whiskey sour	30.4	1.0 fl oz	0.000
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.014
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.007
14083	Beverages, Chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.297
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.200
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.047
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.048
14090	Beverages, Coconut water, ready-to-drink	245.0	1.0 cup	0.000
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.927
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	1.999
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	3.998
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	1.999
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	3.998
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	0.799
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
14070	Beverages, Green tea, LIPTON, brewed from bags	252.0	1.0 cup	0.013
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	0.406
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.681
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	1.999
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.638
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	0.502
14080	Beverages, NESTLE, Ovaltine, rich chocolate, powder	11.0	2.0 tbsp	0.200
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.250
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	1.042
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.120
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.200
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	1.418
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.382

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.007
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.133
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0.167
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.074
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.194
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.614
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	0.600
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.600
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.664
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.039
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.199
14075	Beverages, water, bottled, naturally sparkling (carbonated), mineral	240.0	8.0 fl oz	0.000
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants	240.0	8.0 fl oz	0.199
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	1.000
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.018
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.091
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.019
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.013
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.010
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.037
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.023
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.014
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.008
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.341
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.326
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.092
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.092
09042	Blackberries, raw	144.0	1.0 cup	0.043
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.061
09043	Blackberry juice, canned	250.0	1.0 cup	0.052
07005	Blood sausage	100.0	4.0 slices	0.040
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.092
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.120
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.061

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.136
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.091
09050	Blueberries, raw	148.0	1.0 cup	0.077
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.112
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.028
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.344
07007	Bologna, beef	30.0	1.0 slice	0.047
07008	Bologna, beef and pork	100.0	3.527 oz	0.297
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.248
42161	Bologna, beef, low fat	28.0	1.0 slice	0.042
07960	Bologna, chicken, pork	28.0	1.0 serving	0.053
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.064
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.050
07971	Bologna, meat and poultry	33.0	1.0 slice	0.064
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.076
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.091
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.110
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.068
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.075
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.097
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.074
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.132
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.323
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.141
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.278
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.258
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.094
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.034
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.048
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.034
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.043
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.011
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.041
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.011
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.043
18021	Bread, boston brown, canned	28.35	1.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.184
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	0.120
18972	Bread, cheese	48.0	1.0 slice	0.023
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.036
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.043
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.036
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.032
18025	Bread, cracked-wheat	28.35	1.0 oz	0.086
18027	Bread, egg	28.35	1.0 oz	0.018
18028	Bread, egg, toasted	28.35	1.0 oz	0.018
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.030
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.027
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.024
18033	Bread, italian	28.35	1.0 oz	0.014
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	0.075
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	0.081
28307	Bread, naan (Indian bread), plain, commercially prepared, refrigerated	90.0	1.0 piece	0.086
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	0.136
18037	Bread, oat bran	28.35	1.0 oz	0.021
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.011
18039	Bread, oatmeal	28.35	1.0 oz	0.019
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.019
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.036
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	0.063
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.020
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.010
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.170
18971	Bread, potato	32.0	1.0 slice	0.074
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.028
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.020
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	0.020
18044	Bread, pumpernickel	28.35	1.0 oz	0.036
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.035
18047	Bread, raisin, enriched	28.35	1.0 oz	0.020
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	0.019
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.029
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.025
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.013
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.022
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.017
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.012
18059	Bread, rice bran	28.35	1.0 oz	0.076
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.059
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.103
18060	Bread, rye	28.35	1.0 oz	0.021
18061	Bread, rye, toasted	28.35	1.0 oz	0.021
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.022
18064	Bread, wheat	28.35	1.0 oz	0.031
18066	Bread, wheat bran	28.35	1.0 oz	0.050
18068	Bread, wheat germ	28.35	1.0 oz	0.022
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.027
18065	Bread, wheat, toasted	28.35	1.0 oz	0.043
18967	Bread, wheat, white wheat	28.0	1.0 slice	0.022
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.025
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.018
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.018
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.018
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.014
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.010
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.069
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.067
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.056
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.056
09059	Breadfruit, raw	220.0	1.0 cup	0.220
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.397
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.150
18459	Breakfast tart, low fat	52.0	1.0 tart	0.198
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.115
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.122
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.122
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.549

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.041
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.187
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.068
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.062
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.156
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.156
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.113
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.239
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.239
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.203
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.120
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.120
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.166
11090	Broccoli, raw	91.0	1.0 cup chopped	0.159
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.181
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.091
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.037
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.037
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.448
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.448
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.192
11098	Brussels sprouts, raw	88.0	1.0 cup	0.193
20008	Buckwheat	170.0	1.0 cup	0.357
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.698
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.129
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.579
20013	Bulgur, cooked	182.0	1.0 cup	0.151
20012	Bulgur, dry	140.0	1.0 cup	0.479
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.349
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.349
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.283
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.120
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.145
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.129
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.238
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.272



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.426
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.447
21249	BURGER KING, french fries	74.0	1.0 small serving	0.242
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.011
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.100
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.010
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.121
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.306
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.079
21141	BURGER KING, Vanilla Shake	25.0	1.0 fluid ounce	0.008
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.265
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.231
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.110
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.125
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.153
07269	BUTCHER BOY MEATS, INC., Turkey Franks	56.0	1.0 serving	0.116
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.001
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.001
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.000
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.090
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.041
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.282
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.282
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.136
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.211
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.211
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.176
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.033
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.033
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.084
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.084
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.150

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.384
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.040
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.110
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.050
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.050
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.186
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.220
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.220
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.133
18087	Cake mix, angelfood, dry	38.0	1.0 serving	0.003
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	0.015
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.009
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.003
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.007
18092	Cake, carrot, dry mix, pudding-type	28.35	1.0 oz	0.022
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.017
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.000
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	0.009
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.039
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.013
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.012
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.054
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	0.007
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.010
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.012
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.022
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.003
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.007
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.007
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.009
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.041
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	0.012
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.000
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	0.089
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.015
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.017

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	0.005
18419	Cake, white, dry mix, pudding-type, unenriched	28.35	1.0 oz	0.005
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.005
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.008
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.016
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.000
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.029
18453	Cake, yellow, dry mix, light	28.35	1.0 oz	0.007
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	0.005
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	0.033
18420	Cake, yellow, dry mix, regular, unenriched	28.35	1.0 oz	0.022
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.024
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.023
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.000
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.915
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.040
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.207
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.062
19070	Candies, butterscotch	28.35	1.0 oz	0.000
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.040
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.001
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.037
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.022
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.012
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.027
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.286
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.095
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.034
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.015
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.000
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.000
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.000
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.003
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.015
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.002

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.025
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.011
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.022
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.003
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0.000
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.009
19117	Candies, halavah, plain	28.35	1.0 oz	0.099
19107	Candies, hard	28.35	1.0 oz	0.001
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.000
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.000
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.034
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.027
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.024
19108	Candies, jellybeans	11.0	10.0 small	0.000
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.008
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.016
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.009
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.013
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.009
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	0.300
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	0.300
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	0.200
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	0.300
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.020
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.012
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.044
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.049
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.030
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.008
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.010
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.002
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.051
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.000
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.014
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.020

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19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.062
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.002
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.003
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.009
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.149
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.018
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.022
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.017
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.034
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.007
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.025
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.004
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.041
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.088
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.049
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.003
19147	Candies, peanut bar	28.35	1.0 oz	0.043
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.022
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.030
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.039
19896	Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.034
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.054
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.017
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.052
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.039
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.000
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.005
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.085
19154	Candies, sesame crunch	28.35	1.0 oz	0.139
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.034
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.000
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.002
19081	Candies, sweet chocolate	28.35	1.0 oz	0.012
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.004
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.000
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.001

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.004
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.004
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.019
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.048
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
02054	Capers, canned	8.6	1.0 tbsp, drained	0.002
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.022
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0.000
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0.000
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0.000
14142	Carbonated beverage, grape soda	31.0	1.0 fl oz	0.000
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000
14150	Carbonated beverage, orange	31.0	1.0 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0.000
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.206
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.246
16055	Carob flour	103.0	1.0 cup	0.377
14168	Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.015
14169	Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.102
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.328
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.770
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.650

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36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.421
11655	Carrot juice, canned	236.0	1.0 cup	0.512
11683	Carrot, dehydrated	74.0	1.0 cup	0.770
11960	Carrots, baby, raw	15.0	1.0 large	0.016
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.164
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.138
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.164
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.138
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.015
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.015
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.123
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.123
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.061
11124	Carrots, raw	128.0	1.0 cup chopped	0.177
11134	Cassava, raw	206.0	1.0 cup	0.181
11935	Catsup	17.0	1.0 tbsp	0.027
11949	Catsup, low sodium	17.0	1.0 tbsp	0.027
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.023
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.107
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.107
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.158
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.158
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.081
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.185
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.128
11965	Cauliflower, green, raw	64.0	1.0 cup	0.142
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.197
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.157
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.157
11141	Celeriac, raw	156.0	1.0 cup	0.257
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.129
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.129
11143	Celery, raw	101.0	1.0 cup chopped	0.075
11145	Celtuce, raw	8.0	1.0 leaf	0.004
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.154
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.066

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08645	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, honey almond	49.0	0.75 cup (1 NLEA serving)	0.005
08646	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, maple pecan walnut	56.0	1.0 Cup (1 NLEA serving)	0.006
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.000
08684	Cereals ready-to-eat, CASCADIAN FARM, honey nut O's	30.0	1.0 cup (1 NLEA serving)	0.000
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.000
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.529
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.122
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.528
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.498
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.600
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.398
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.498
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.500
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	0.499
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.500
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.346
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.500
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.498
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.669
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.498
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.500
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.500
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.533
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.498
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	0.499
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.837
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.500
08667	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Brownie Crunch	27.0	0.75 cup (1 NLEA serving)	0.500
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	0.400
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.500
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.500
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.500
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.500
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.498
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	0.498
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.498



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.500
08597	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Frosted Shredded Wheat	60.0	1.0 cup (1 NLEA serving)	0.600
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.998
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.495
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.495
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.498
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.519
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.498
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.500
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.898
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.635
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.483
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.499
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.500
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.690
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.813
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	0.498
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	0.499
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.061
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.500
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.396
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.397
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.499
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.500
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.500
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.300
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2.000
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.500
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.500
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	1.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	2.000
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.359
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.219
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.100

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08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.071
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.071
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.021
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.016
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	0.138
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.073
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.011
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.051
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.168
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	1.997
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	1.997
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.009
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.140
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.138
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.165
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.075
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.055
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.140
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	2.002
08605	Cereals ready-to-eat, KASHI, KASHI U	55.0	1.0 cup (1 NLEA serving)	0.060
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.154
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	0.493
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	0.496
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	2.001
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	2.001
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	3.720
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.501
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.549
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.499
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.501
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.501
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.500
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.699
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.499
08698	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS TREASURES, Strawberry	30.0	1.0 Cup (1 NLEA serving)	0.498
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	1.072

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.502
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.493
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.501
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.510
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.500
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	1.998
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.999
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.499
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.501
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	1.958
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	2.001
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	1.087
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	0.499
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.776
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.498
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	2.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	2.000
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.699
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	0.699
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.702
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	0.698
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.701
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.699
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.498
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.701
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.501
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.498
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	0.499
08614	Cereals ready-to-eat, KELLOGG's CRUNCHY NUT Roasted Nut and Honey O's	27.0	0.75 cup (1 NLEA serving)	0.513
08611	Cereals ready-to-eat, KELLOGG's FIBERPLUS Cinnamon Oat Crunch	32.0	0.75 cup (1 NLEA serving)	0.704
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	0.501
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.501
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	0.502
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.493
08621	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle Mixed Berry	55.0	24.0 biscuits (1 NLEA serving)	0.501
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	0.501

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08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.499
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.499
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.501
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.499
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	0.501
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	0.700
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.701
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.696
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.501
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.501
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.498
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.701
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.699
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.578
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.498
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.588
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.387
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.600
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.537
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.960
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.498
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.770
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.954
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.500
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.808
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.740
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.558
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.623
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.615
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.588
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	0.801
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.792
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.885
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.807
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.502
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.822

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.009
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.500
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.510
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.472
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.480
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.510
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.472
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.495
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.520
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.510
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.493
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.513
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.513
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.499
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.493
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.520
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.495
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.504
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.792
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	0.513
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.493
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.512
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.527
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.472
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.512
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.047
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.499
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	0.531
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.069
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.510
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	0.493
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.444
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.111
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.577
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.556
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.551

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.766
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.550
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.567
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.087
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.518
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.136
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.574
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.078
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.013
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.017
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.040
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.042
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.095
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.493
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.493
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.117
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.550
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.589
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.586
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.576
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.000
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.020
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.161
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.550
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.507
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.669
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.534
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.639
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.700
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	1.972
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.500
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.010
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.070
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.109
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.084
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.526

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.736
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.751
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.161
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.501
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.277
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.020
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.118
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.118
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.023
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.082
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.223
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.014
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.082
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.066
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.066
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.088
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.047
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.081
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.030
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.076
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.076
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.030
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.205
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.745
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.038
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.033
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.011
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.230
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.051
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.224
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.230
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.006
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.008
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.020
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.395

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08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	0.395
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	0.395
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.718
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.724
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.700
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.783
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.679
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.670
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.630
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.022
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.679
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.397
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.528
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.475
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.607
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.012
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.081
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.012
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.048
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.041
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.061
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.056
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.061
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.045
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.036
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.039
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.050
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.042
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.049
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.440
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.421
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.467
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.466
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.558



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08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.371
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.440
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.440
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.323
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.516
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.477
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.443
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.461
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.044
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.111
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.089
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.169
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	0.091
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.111
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.112
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.040
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.040
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.458
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.475
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.176
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.732
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.046
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.046
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.048
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.177
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.177
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.368
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.149
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.149
11147	Chard, swiss, raw	36.0	1.0 cup	0.036
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.189
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.189
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.100
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.040
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.008
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.115

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.115
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.010
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.017
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.022
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.201
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.013
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.021
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.011
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.164
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.058
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.025
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.108
01004	Cheese, blue	28.35	1.0 oz	0.047
01005	Cheese, brick	132.0	1.0 cup, diced	0.086
01006	Cheese, brie	28.35	1.0 oz	0.067
01007	Cheese, camembert	28.35	1.0 oz	0.064
01008	Cheese, caraway	28.35	1.0 oz	0.021
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.065
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.013
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.018
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice 2/3 oz. slice	0.014
01010	Cheese, cheshire	28.35	1.0 oz	0.021
01011	Cheese, colby	132.0	1.0 cup, diced	0.104
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.052
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.077
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.077
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.079
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.079
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.056
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.064
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.023
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.056
01017	Cheese, cream	14.5	1.0 tbsp	0.005
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.009
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.007
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.088

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01018	Cheese, edam	28.35	1.0 oz	0.022
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.636
01020	Cheese, fontina	132.0	1.0 cup, diced	0.110
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	0.093
01021	Cheese, gjetost	28.35	1.0 oz	0.077
01156	Cheese, goat, hard type	28.35	1.0 oz	0.023
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.017
01159	Cheese, goat, soft type	28.35	1.0 oz	0.071
01022	Cheese, gouda	28.35	1.0 oz	0.023
01023	Cheese, gruyere	28.35	1.0 oz	0.023
01024	Cheese, limburger	134.0	1.0 cup	0.115
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.059
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.100
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.017
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.024
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.062
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.070
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.073
01025	Cheese, monterey	132.0	1.0 cup, diced	0.104
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.106
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.147
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.095
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.106
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.090
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.020
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.041
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.018
01030	Cheese, muenster	132.0	1.0 cup, diced	0.074
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.068
01031	Cheese, neufchatel	28.35	1.0 oz	0.012
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.049
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.081
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.026
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.100
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.005
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.015

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.112
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.015
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.014
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.098
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.099
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.050
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.112
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.070
01035	Cheese, provolone	132.0	1.0 cup, diced	0.096
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.096
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.025
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.053
01038	Cheese, romano	28.35	1.0 oz	0.024
01039	Cheese, roquefort	28.35	1.0 oz	0.035
01040	Cheese, swiss	132.0	1.0 cup, diced	0.110
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.022
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.022
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.022
01041	Cheese, tilsit	28.35	1.0 oz	0.018
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	0.101
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.015
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.015
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.130
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.411
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.079
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.115
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.113
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.111
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.107
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.104
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.068
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.078
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.075
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.076
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.056

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.039
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.074
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.093
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.068
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.040
19163	Chewing gum	3.0	1.0 stick	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.238
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.013
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.006
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.053
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.050
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.063
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.110
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.093
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.278
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	0.211
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.084
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.071
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.783
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.983
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.818
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	0.836
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.689
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.130
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.103
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.261
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.267
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.139
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.131
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.220
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.181
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.167
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.108
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.094
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.166

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.132
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.086
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.142
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.128
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.112
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.122
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.082
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	0.143
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.052
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.102
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.361
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.342
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.784
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.254
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.406
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.461
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.333
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.840
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	483.0	1.0 breast breast with skin and bone	1.159
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.462
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	0.647
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.330
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.353
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.391
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.495
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.212
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.352
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.313
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.187
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.212
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.518
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.504
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.294
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.360
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.427

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.484
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	0.383
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.116
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.101
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.402
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.096
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.266
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.459
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.098
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.101
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.196
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.885
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.576
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.097
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.228
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.351
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.252
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.270
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.218
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.361
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.178
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.345
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.441
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.421
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.411
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.243
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.557
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.882
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.840
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.462
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.475
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.272
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.357
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.289

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.323
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.187
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.264
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.349
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.560
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.308
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.298
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.672
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.366
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.658
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.364
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.026
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.024
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.017
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.003
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.068
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.033
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.039
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.042
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.135
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.125
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.567
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.150
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.070
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	149.0	1.0 thigh without skin (yield from 1 lb ready-to-cook chicken)	0.517
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.118
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.536
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.157
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.294



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.087
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.078
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.474
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.088
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.308
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.565
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.071
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.077
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.095
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.448
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.090
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.497
05311	Chicken, canned, no broth	28.0	1.0 oz	0.053
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.551
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.540
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.349
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.306
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.366
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.306
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.261
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.251
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.304
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.327
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	0.305
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	0.497
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	0.495
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	0.294
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	0.376
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	0.551
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	0.232
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.512
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	0.281
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.262
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.577
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	0.368

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05335	Chicken, feet, boiled	28.35	1.0 oz	0.003
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.103
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.032
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.457
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.573
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.464
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.022
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.370
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.332
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.375
43128	Chicken, meatless	168.0	1.0 cup	1.176
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	1.106
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.288
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.271
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.434
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.362
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.435
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.090
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.756
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.544
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.289
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.272
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.298
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.574
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.357
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.051
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.056
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	0.041
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	0.052
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	0.032
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.033
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.336
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.357
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.594
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.146
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.546

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.507
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.199
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.298
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.212
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.280
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.434
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.374
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.186
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.041
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.176
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.155
16157	Chickpea flour (besan)	92.0	1.0 cup	0.453
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.293
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.295
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	1.135
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	1.135
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.228
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.228
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.070
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.030
11154	Chicory roots, raw	60.0	1.0 root	0.145
11151	Chicory, witloof, raw	53.0	1.0 head	0.022
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.077
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	0.077
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.092
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.060
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.254
16059	Chili with beans, canned	256.0	1.0 cup	0.338
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.266
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.310
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.004
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0.002
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.090
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.200
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.287

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.090
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.027
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.030
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.012
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.010
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.011
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.305
07019	Chorizo, pork and beef	28.35	1.0 oz	0.150
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.090
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.118
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.118
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.044
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.025
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.023
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.006
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	0.018
09433	Clementines, raw	74.0	1.0 fruit	0.056
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.002
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.060
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.032
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.005
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.008
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.010
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.011
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.101
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.101
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0.002
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.022
14421	Coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.078
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.004
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0.000
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0.001
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0.001
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0.000
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0.000
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0.000
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.000
14222	Coffee, instant, with chicory, powder	1.8	1.0 tsp, rounded	0.001
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0.000
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	0.007
18103	Coffeecake, cheese	28.35	1.0 oz	0.016
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.008
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.008
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.012
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.014
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.012
18106	Coffeecake, fruit	28.35	1.0 oz	0.010
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.243
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.243
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.194
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.194
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.109
11161	Collards, raw	36.0	1.0 cup, chopped	0.059
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.008
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.007
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.015
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.026
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.006
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.004
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.010
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	0.007
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.019
18196	Cookies, brownies, dry mix, special dietary	28.35	1.0 oz	0.002
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.027
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.010
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.010
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.007
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.016
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.007

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.007
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.005
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.005
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.024
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.024
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.013
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.001
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.007
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.008
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.012
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.009
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.000
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.014
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.035
18170	Cookies, fig bars	28.35	1.0 oz	0.021
18171	Cookies, fortune	28.35	1.0 oz	0.004
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.009
18172	Cookies, gingersnaps	28.35	1.0 oz	0.028
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.017
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.044
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.055
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.035
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.035
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.018
18177	Cookies, molasses	28.35	1.0 oz	0.029
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.017
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.019
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.024
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.007
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.012
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.020
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.014
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.012
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.016
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.039
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.035
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.008
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.032
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.024
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.040
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.018
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.015
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.006
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.020
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.015
18202	Cookies, sugar wafers with creme filling, special dietary	28.35	1.0 oz	0.003
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.019
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.009
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.006
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.007
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.005
18213	Cookies, vanilla wafers, higher fat	28.35	1.0 oz	0.007
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.021
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.006
20015	Corn bran, crude	76.0	1.0 cup	0.116
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.091
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	0.122
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.542
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	0.542
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.542
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.032
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.433
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.433
20314	Corn grain, white	166.0	1.0 cup	1.033
20014	Corn grain, yellow	166.0	1.0 cup	1.033
11656	Corn pudding, home prepared	250.0	1.0 cup	0.318
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.220
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.315
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.161
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.161
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.116

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.116
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.107
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.095
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.095
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.113
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.113
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.213
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.213
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.294
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.370
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.370
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.295
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.040
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.095
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.161
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.161
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.095
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.116
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.116
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.107
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.124
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.124
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.163
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.228
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.370
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.370
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.295
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.163
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.135
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.169
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.034
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.286
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.286
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.286
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.286
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	0.659



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20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	0.659
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	0.655
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	0.655
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	0.538
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	0.538
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.371
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.371
11190	Cornsalad, raw	56.0	1.0 cup	0.153
20027	Cornstarch	128.0	1.0 cup	0.000
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.080
20028	Couscous, dry	173.0	1.0 cup	0.190
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.107
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.107
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.161
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.161
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.170
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.097
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.157
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.157
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.603
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.108
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.108
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.171
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.171
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.596
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.072
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.072
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.064
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.117
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.117
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.163
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.852
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.457
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.209
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.098
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.324

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36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	1.043
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.105
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.139
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.219
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.467
18236	Cracker meal	28.35	1.0 oz	0.011
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.079
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.013
18214	Crackers, cheese, regular	14.2	0.5 oz	0.024
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.044
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.021
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.063
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.020
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.030
18218	Crackers, matzo, egg	14.2	0.5 oz	0.008
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.016
18217	Crackers, matzo, plain	14.2	0.5 oz	0.016
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.023
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.014
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.014
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.012
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.015
18223	Crackers, milk	14.2	0.5 oz	0.005
28292	Crackers, multigrain	14.0	4.0 crackers	0.016
18224	Crackers, rusk toast	14.2	0.5 oz	0.007
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.011
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.038
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.027
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.013
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.013
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.009
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.005
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.030
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.010
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.008
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.007

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18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.021
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.027
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.019
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.044
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.083
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.037
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.019
18235	Crackers, whole-wheat	28.0	1.0 serving	0.052
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.026
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.057
09079	Cranberries, dried, sweetened	40.0	0.33 cup	0.015
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.063
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.001
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.018
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.003
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.132
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.039
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.046
14240	Cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.006
14241	Cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.009
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.021
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.046
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.001
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.000
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.000
01069	Cream substitute, powdered	94.0	1.0 cup	0.000
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.000
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.012
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.031
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.010
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.034
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.018

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01056	Cream, sour, cultured	12.0	1.0 tbsp	0.007
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.002
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.025
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.004
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.003
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.003
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.212
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.212
11203	Cress, garden, raw	50.0	1.0 cup	0.124
18240	Croissants, apple	28.35	1.0 oz	0.009
18239	Croissants, butter	28.35	1.0 oz	0.016
18241	Croissants, cheese	28.35	1.0 oz	0.021
18242	Croutons, plain	14.2	0.5 oz	0.004
18243	Croutons, seasoned	14.2	0.5 oz	0.012
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.241
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.110
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.128
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.211
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.184
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.102
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.128
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.147
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.128
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.147
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.128
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.114
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.065
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.065
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.092
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.173
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.156
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.013
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.083
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	0.206
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.026
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	0.010

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15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.147
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.128
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.068
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.021
09083	Currants, european black, raw	112.0	1.0 cup	0.074
09084	Currants, red and white, raw	112.0	1.0 cup	0.078
09085	Currants, zante, dried	144.0	1.0 cup	0.426
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.024
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.023
01252	Dairy, Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	0.024
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.168
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.168
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.138
18245	Danish pastry, cheese	28.35	1.0 oz	0.011
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.011
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.011
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.012
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.011
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.011
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.029
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.011
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.243
09421	Dates, medjool	24.0	1.0 date, pitted	0.060
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.256
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.906
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.093
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.523
36610	DENNY'S, french fries	165.0	1.0 serving	0.363
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.014
36030	DENNY'S, hash browns	124.0	1.0 serving	0.252
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.139
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.192
36031	DENNY'S, onion rings	166.0	1.0 serving	0.148
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.808
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.656
01070	Dessert topping, powdered	43.0	1.5 oz	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.024
01072	Dessert topping, pressurized	70.0	1.0 cup	0.000
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.000
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.056
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.068
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.067
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.469
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.003
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.000
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.169
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.205
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.209
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.215
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.282
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.232
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.311
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.253
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.011
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.013
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.013
11616	Dock, raw	133.0	1.0 cup, chopped	0.162
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.086
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.049
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.047
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.079
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.063
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.086
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.080
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.055
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.064
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.008
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.020
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.007
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.006
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.010
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.016
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.019
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.028
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.798
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.016
14450	Drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.005
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.390
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.390
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.252
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.132
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.132
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.120
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.334
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.252
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.161
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.350
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.466
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.460
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.451
01225	Dulce de Leche	19.0	1.0 tbsp	0.003
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.768
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.090
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.155
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.159
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.184
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.093
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.090
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.018
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.230
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.147
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.065
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.080
01144	Egg substitute, powder	9.9	0.35 oz	0.014
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.175

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.340
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.013
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.103
01173	Egg, white, dried	28.0	1.0 oz	0.010
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.007
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.026
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.040
01124	Egg, white, raw, fresh	33.0	1.0 large	0.002
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.001
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.085
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.165
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.021
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.072
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.082
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.420
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.357
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.085
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.055
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.063
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.564
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.059
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.125
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.114
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.113
01057	Eggnog	254.0	1.0 cup	0.127
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.090
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.085
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.085
43146	Eggplant, pickled	136.0	1.0 cup	0.190
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.069
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.003
09088	Elderberries, raw	145.0	1.0 cup	0.334
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.779
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.539
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.495
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.839



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05626	Emu, full rump, raw	85.0	3.0 oz	0.547
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.908
05621	Emu, ground, raw	117.0	1.0 patty	0.751
05628	Emu, inside drum, raw	85.0	3.0 oz	0.532
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.807
05630	Emu, outside drum, raw	85.0	3.0 oz	0.575
05631	Emu, oyster, raw	85.0	3.0 oz	0.547
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.724
11213	Endive, raw	25.0	0.5 cup, chopped	0.005
14625	Energy drink, AMP	240.0	1.0 serving	0.480
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0.199
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.401
14627	Energy Drink, Monster	240.0	1.0 serving	1.999
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	4.988
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	5.054
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.419
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	1.999
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.000
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.011
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.029
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.015
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.012
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.019
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.012
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.012
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.019
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.018
18264	English muffins, wheat	28.35	1.0 oz	0.025
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.028
18266	English muffins, whole-wheat	28.35	1.0 oz	0.046
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.045
21046	Entrees, crab cake	60.0	1.0 cake	0.149
21047	Entrees, fish fillet, battered or breaded, and fried	91.0	1.0 fillet	0.093
11984	Epazote, raw	0.8	1.0 tbsp	0.001
11618	Eppaw, raw	100.0	1.0 cup	0.176

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.021
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.012
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.003
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.007
21142	Fast food, biscuit	55.0	1.0 biscuit	0.032
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.086
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.139
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.069
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.049
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.133
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.089
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.094
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.075
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.093
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.089
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.066
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.335
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.199
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.178
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.112
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.135
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.255
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.110
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.164
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.194
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.070
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	0.024
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.304
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.475
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.185
21062	Fast foods, burrito, with beans and chili peppers	204.0	2.0 pieces	0.286
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.234
21065	Fast foods, burrito, with beans, cheese, and chili peppers	336.0	2.0 pieces	0.403
21066	Fast foods, burrito, with beef	220.0	2.0 pieces	0.308
21067	Fast foods, burrito, with beef and chili peppers	201.0	2.0 pieces	0.302
21068	Fast foods, burrito, with beef, cheese, and chili peppers	304.0	2.0 pieces	0.365

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21069	Fast foods, burrito, with fruit (apple or cherry)	155.0	1.0 burrito, large	0.155
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.332
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.413
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.532
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.183
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.372
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.279
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.332
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.274
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.408
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.185
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.511
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.381
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.400
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.475
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	1.099
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.207
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.525
21102	Fast foods, chicken fillet sandwich, plain	182.0	1.0 sandwich	0.200
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.128
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.142
21035	Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)	148.0	2.0 pieces	0.326
21036	Fast foods, chicken, breaded and fried, light meat (breast or wing)	163.0	2.0 pieces	0.570
21042	Fast foods, chili con carne	253.0	1.0 cup (8 fl oz)	0.329
21070	Fast foods, chimichanga, with beef	174.0	1.0 chimichanga	0.278
21071	Fast foods, chimichanga, with beef and cheese	183.0	1.0 chimichanga	0.220
21072	Fast foods, chimichanga, with beef and red chili peppers	190.0	1.0 chimichanga	0.228
21073	Fast foods, chimichanga, with beef, cheese, and red chili peppers	180.0	1.0 chimichanga	0.162
21043	Fast foods, clams, breaded and fried	115.0	0.75 cup	0.034
21127	Fast foods, coleslaw	191.0	1.0 cup	0.214
21029	Fast foods, cookies, animal crackers	67.0	1.0 box	0.020
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	0.028
21128	Fast foods, corn on the cob with butter	146.0	1.0 ear	0.321
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.192
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.756
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.102

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21012	Fast foods, croissant, with egg, cheese, and bacon	129.0	1.0 croissant	0.116
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	0.228
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.272
21104	Fast foods, egg and cheese sandwich	146.0	1.0 sandwich	0.131
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.182
21074	Fast foods, enchilada, with cheese	163.0	1.0 enchilada	0.391
21075	Fast foods, enchilada, with cheese and beef	192.0	1.0 enchilada	0.269
21076	Fast foods, enchirito, with cheese, beef, and beans	193.0	1.0 enchirito	0.212
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	0.038
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.093
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.089
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.120
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.154
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.080
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.034
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.054
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.534
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.461
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.170
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.109
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.231
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.168
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.113
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.098
21077	Fast foods, frijoles with cheese	167.0	1.0 cup	0.200
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.144
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	0.255
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	0.146
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.711
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.793
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	0.204
21117	Fast foods, ham, egg, and cheese sandwich	143.0	1.0 sandwich	0.157
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.253
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.622
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.542
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.426

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.366
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.244
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.233
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.327
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.254
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.156
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.165
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.105
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.121
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.049
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.046
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.088
21129	Fast foods, hush puppies	22.0	1.0 piece	0.024
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.011
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.172
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.351
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.156
21048	Fast foods, oysters, battered or breaded, and fried	139.0	6.0 pieces	0.028
21131	Fast foods, potato, baked and topped with cheese sauce	296.0	1.0 piece	0.710
21132	Fast foods, potato, baked and topped with cheese sauce and bacon	299.0	1.0 piece	0.748
21133	Fast foods, potato, baked and topped with cheese sauce and broccoli	339.0	1.0 piece	0.780
21134	Fast foods, potato, baked and topped with cheese sauce and chili	395.0	1.0 piece	0.948
21135	Fast foods, potato, baked and topped with sour cream and chives	302.0	1.0 piece	0.785
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.264
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.290
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.010
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.144
21052	Fast foods, salad, vegetable, tossed, without dressing	104.0	0.75 cup	0.083
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217.0	1.5 cup	0.109
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218.0	1.5 cup	0.436
21055	Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	417.0	1.5 cup	0.334
21056	Fast foods, salad, vegetable, tossed, without dressing, with shrimp	236.0	1.5 cup	0.142
21057	Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese	326.0	1.5 cup	0.424
21058	Fast foods, scallops, breaded and fried	144.0	6.0 pieces	0.072
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.023
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.398

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.523
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.642
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.046
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.126
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.076
21083	Fast foods, taco salad	198.0	1.5 cup	0.218
21084	Fast foods, taco salad with chili con carne	261.0	1.5 cup	0.522
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.062
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.061
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.108
21085	Fast foods, tostada, with beans and cheese	144.0	1.0 piece	0.158
21086	Fast foods, tostada, with beans, beef, and cheese	225.0	1.0 piece	0.248
21087	Fast foods, tostada, with beef and cheese	163.0	1.0 piece	0.228
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.065
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.020
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.163
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.041
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.181
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.176
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.174
09095	Figs, dried, stewed	259.0	1.0 cup	0.344
09094	Figs, dried, uncooked	149.0	1.0 cup	0.158
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.072
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.145
06963	Fish broth	244.0	1.0 cup	0.024
04589	Fish oil, cod liver	4.5	1.0 tsp	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.000
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
43129	Fish sticks, meatless	28.0	1.0 stick	0.420
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.058
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.122
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.095
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.086
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.429
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.255
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.543
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.603
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.311
15006	Fish, burbot, raw	116.0	1.0 fillet	0.348
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.086
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.096
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.186
15008	Fish, carp, raw	85.0	3.0 oz	0.161
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.165
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.253
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.131
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.152
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.099
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.051
15013	Fish, cisco, raw	79.0	1.0 fillet	0.237
15014	Fish, cisco, smoked	28.35	1.0 oz	0.076
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.240
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.241
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.245
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.208
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	0.122
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	0.136
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.226
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.237
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.425
15022	Fish, cusk, raw	122.0	1.0 fillet	0.472
15194	Fish, dolphinfish, cooked, dry heat	85.0	3.0 oz	0.393
15023	Fish, dolphinfish, raw	85.0	3.0 oz	0.340

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.294
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.255
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.022
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.057
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.044
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.146
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.028
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.034
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.298
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.255
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.491
15033	Fish, haddock, raw	85.0	3.0 oz	0.239
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.113
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.537
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.466
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.412
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.357
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.498
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.117
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.238
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.086
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.747
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.382
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.298
15044	Fish, ling, raw	85.0	3.0 oz	0.258
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.294
15045	Fish, lingcod, raw	85.0	3.0 oz	0.255
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.405
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.447
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.060
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.434
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.376
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.108
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.280
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.328
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.672



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.340
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.415
15053	Fish, milkfish, raw	85.0	3.0 oz	0.360
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.235
15054	Fish, monkfish, raw	85.0	3.0 oz	0.204
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.456
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.120
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.042
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.021
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.064
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.072
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.115
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.099
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.171
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.102
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	0.197
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	0.053
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.281
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.244
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.202
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.057
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.379
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.204
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.359
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.178
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.052
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.022
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.057
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.044
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.294
15074	Fish, sablefish, raw	85.0	3.0 oz	0.255
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.111
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.550
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.541
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.802
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.695

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.393
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.340
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.079
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.079
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.323
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.323
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.393
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.340
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.812
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.561
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.483
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.473
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.467
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.089
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.089
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.255
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.255
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.592
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.519
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.101
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.255
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.589
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.174
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.249
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.109
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.173
15090	Fish, scup, raw	85.0	3.0 oz	0.255
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.465
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.516
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.393
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.340
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.665
15094	Fish, shad, american, raw	85.0	3.0 oz	0.340
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.255
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.340
15098	Fish, sheephead, cooked, dry heat	85.0	3.0 oz	0.298

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.255
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.145
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.128
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.391
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.340
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.231
15103	Fish, spot, raw	64.0	1.0 fillet	0.256
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.196
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.170
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.077
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.286
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.170
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.051
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.058
15109	Fish, surimi	28.35	1.0 oz	0.009
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.523
15110	Fish, swordfish, raw	85.0	3.0 oz	0.462
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.107
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.188
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.450
15112	Fish, tilefish, raw	85.0	3.0 oz	0.221
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.407
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.143
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.158
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.274
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.269
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.495
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.345
15128	Fish, tuna salad	85.0	3.0 oz	0.069
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.446
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.387
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.722
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.265
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.161
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.094
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.090

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.298
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.834
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.366
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.366
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.184
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.184
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.882
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.206
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.178
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.294
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.255
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.529
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.130
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.144
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.550
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.340
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.270
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.136
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.000
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.000
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.064
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.385
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	1.152
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	0.200
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	0.300
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	2.000
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	2.489
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	2.489
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	2.489
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	2.000
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	2.000
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	1.496
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	1.155
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	1.000
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	0.058

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	0.057
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.093
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.057
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.103
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.092
07024	Frankfurter, chicken	45.0	1.0 link	0.145
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.068
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.086
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	0.034
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	0.027
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.386
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	0.032
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.086
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.109
07939	Frankfurter, pork	76.0	1.0 link	0.245
07025	Frankfurter, turkey	28.35	1.0 oz	0.041
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.141
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.021
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.198
80200	Frog legs, raw	45.0	1.0 leg	0.054
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.310
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.021
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.021
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.002
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.018
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.004
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.020
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.004
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.001
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.000
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.002
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.003
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.019
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.119
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.034

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.001
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.001
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.016
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.021
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.005
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	0.035
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.070
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.074
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.053
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.070
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.058
19294	Fruit butters, apple	17.0	1.0 tbsp	0.006
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.064
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.063
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.124
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.121
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.123
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.123
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.109
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.000
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.076
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.076
14268	Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.007
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.002
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.003
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0.023
14405	Fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.016
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.003
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.083
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.082
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.067
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.081
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.078
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.308
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.160
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.058
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.031
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	0.300
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.473
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.246
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.399
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving ( 3 oz )	0.389
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving ( 3 oz )	0.401
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0.326
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.404
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.071
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.340
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.063
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.558
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	0.478
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.073
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.355
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.391
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.150
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.272
17162	Game meat, caribou, raw	28.35	1.0 oz	0.105
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.435
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.394
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.408
17164	Game meat, deer, raw	28.35	1.0 oz	0.105
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving ( 3 oz )	0.409
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.522

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17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	0.724
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0.399
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	0.343
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	0.536
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.396
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	0.446
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.000
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.280
17170	Game meat, horse, raw	28.35	1.0 oz	0.108
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.314
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.399
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.399
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.399
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.289
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.142
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.289
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.399
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.314
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 Patty	0.071
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 Pattie	0.000
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 Patty	0.071
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 Patty	0.071
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 Patty	0.071
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.036
11215	Garlic, raw	136.0	1.0 cup	1.680
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.001
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.004
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.004
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.008
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.000
11216	Ginger root, raw	2.0	1.0 tsp	0.003
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.006



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.007
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.015
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.518
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.331
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.672
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.544
05150	Goose, liver, raw	94.0	1.0 liver	0.714
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.030
09107	Gooseberries, raw	150.0	1.0 cup	0.120
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.176
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.176
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.041
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.055
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.055
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.023
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.031
14277	Grape drink, canned	31.3	1.0 fl oz	0.001
14282	Grape juice drink, canned	31.3	1.0 fl oz	0.011
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.081
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.081
09512	Grape juice, canned or bottled, with added ascorbic acid and calcium	253.0	1.0 cup	0.081
11975	Grape leaves, canned	4.0	1.0 leaf	0.005
11974	Grape leaves, raw	14.0	1.0 cup	0.056
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.109
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.050
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	0.049
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.109
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.319
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.109
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.097
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.122
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.097
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.097
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.099
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.099
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.099

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.050
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.051
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.049
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.101
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.166
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.159
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.130
06114	Gravy, au jus, canned	59.0	0.25 cup	0.006
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.005
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.023
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.019
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.006
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	0.024
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.016
06985	Gravy, HEINZ Home Style Savory Beef Gravy	57.0	1.0 serving 1/4 cup 2 oz	0.008
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.009
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.014
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.024
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.048
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.021
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.024
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.006
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.024
06126	Gravy, turkey, dry	7.0	1.0 serving	0.014
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.025
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.393
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.326
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.412
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.422
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.400
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.099
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.519
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.918
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.772
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.728
05305	Ground turkey, raw	453.6	1.0 lb	2.558

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09434	Guanabana nectar, canned	251.0	1.0 cup	0.018
09435	Guava nectar, canned	251.0	1.0 cup	0.025
09143	Guava sauce, cooked	238.0	1.0 cup	0.214
09139	Guavas, common, raw	165.0	1.0 cup	0.182
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.323
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.399
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.073
07033	Ham and cheese spread	15.0	1.0 tbsp	0.020
07031	Ham salad spread	15.0	1.0 tbsp	0.022
07026	Ham, chopped, canned	28.35	1.0 oz	0.091
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.098
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.127
07030	Ham, minced	28.35	1.0 oz	0.074
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.091
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.184
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.002
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.053
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	0.047
11961	Hearts of palm, canned	146.0	1.0 cup	0.032
14649	Hibiscus tea	237.0	8.0 fl oz	0.000
20030	Hominy, canned, white	165.0	1.0 cup	0.008
20330	Hominy, canned, yellow	160.0	1.0 cup	0.008
19296	Honey	339.0	1.0 cup	0.081
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.062
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.147
02055	Horseradish, prepared	5.0	1.0 tsp	0.004
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.121
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.121
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.122
16158	Hummus, commercial	15.0	1.0 tbsp	0.030
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.060
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.029
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.072
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.072
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.325

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.020
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.020
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.019
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.101
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.044
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.009
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.015
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.023
01238	Ice cream sandwich	70.0	1.0 serving	0.020
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.007
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.007
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.022
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.113
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.041
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.032
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.016
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.030
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.049
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.041
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.032
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.028
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.029
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.032
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.031
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.034
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.020
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.040
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.048
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.079
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.061
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	0.027
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.021
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.024

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.027
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.012
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.012
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.012
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.012
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	0.029
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	0.012
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	0.029
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	0.060
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.024
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.027
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.012
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.024
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.027
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.012
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.024
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.027
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.012
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.059
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.157
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.027
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.013

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.023
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.096
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	0.060
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.024
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.027
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.012
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.035
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.015
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.028
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.012
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.036
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.015
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.036
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.015
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.012
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.027
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.043
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.022
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.046
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.029
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.059
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.012
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.026
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.027
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.026
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.024
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.012
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.026
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.025

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	0.026
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.025
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.026
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.026
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.012
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.012
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.027
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.028
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.024
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.043
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.024
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.029
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.043
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.030
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.030
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.030
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.029
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.027
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.027
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.012
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.030
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.012
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.026
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.024
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.026
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.026

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.026
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.078
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.041
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.026
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.040
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.024
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.042
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.012
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.026
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.029
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.013
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.026
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.028
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.023
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.011
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.016
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.015
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.030
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.033
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.015
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.025
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	0.028
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.012
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.025
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	0.028
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.012
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.078
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.543



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.006
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.006
19297	Jams and preserves	20.0	1.0 tbsp	0.004
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.004
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	0.045
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.051
19300	Jellies	21.0	1.0 serving 1 tbsp	0.004
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.008
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.006
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.116
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.087
09514	Juice Smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	1.008
09515	Juice Smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	250.0	1.0 cup	0.300
09511	Juice Smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	1.999
09508	Juice Smoothie, NAKED JUICE, GREEN MACHINE	240.0	8.0 fl oz	0.300
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.052
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.045
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.496
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.496
11231	Jute, potherb, raw	28.0	1.0 cup	0.168
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.179
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.179
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.112
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.112
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.085
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.043
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.181
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.181
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.152
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.034
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 Package	0.284
21504	KASHI Pizza, Four Cheese	115.0	0.33 pizza	0.000
21513	KASHI Pizza, Greek Tzatziki, single serve	149.0	1.0 Pizza	0.149
21501	KASHI Pizza, Margherita	113.0	0.33 pizza	0.056
21503	KASHI Pizza, Mediterranean	120.0	0.33 pizza	0.240
21500	KASHI Pizza, Mushroom Trio & Spinach	113.0	0.33 pizza	0.113

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21499	KASHI Pizza, Roasted Vegetable	116.0	0.33 pizza	0.046
21514	KASHI Pizza, Tikka Masala, single serve	159.0	1.0 Pizza	0.000
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 Entre	0.269
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 Package	0.000
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.022
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.242
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.179
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	0.510
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	0.510
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.022
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.134
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	0.134
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.081
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.269
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.003
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.087
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.018
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.027
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.024
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.111
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.025
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.031
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.093
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.004
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.002
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.008
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.002
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.002
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.004
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.004
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	0.008
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.006
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.006
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.006
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.010
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.006

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28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.006
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.012
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.007
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.006
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.003
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.003
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.003
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.355
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.004
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.015
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.003
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.006
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.005
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.007
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.014
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.003
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.015
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.003
28099	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Mint	31.0	1.0 cookie	0.000
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.016
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.006
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.003
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.003
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.013
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.006
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.005
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.005
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.030
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.030
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.003
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.003
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.012
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.009
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.006
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.009
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.008

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28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.009
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.006
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.003
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	0.008
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.015
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.008
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.008
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.004
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.004
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.000
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.002
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.003
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.003
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.004
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.004
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.021
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	0.021
08708	KELLOGG Mini-Wheats Frosted Bite Size Touch of Fruit Raisin	55.0	24.0 Biscuits (1 NLEA serving)	0.501
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	1.624
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.394
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.179
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.069
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.042
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.420
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.420
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.198
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.396
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	0.399
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.399
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0.021
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0.032
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.420
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	0.420
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.396
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.396
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.198

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28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.198
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.015
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.015
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.399
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.399
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.399
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.399
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.399
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.399
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.401
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.401
28007	KELLOGG'S, EGGO, Waffles, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.403
28008	KELLOGG'S, EGGO, Waffles, Strawberry Strudel	76.0	2.0 waffles	0.403
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.399
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.399
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.399
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.598
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.198
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.427
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.399
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.399
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.200
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.207
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.099
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.200
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.355
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.200
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.200
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.290
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.390
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.200
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.200
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.198
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.200
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.200
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.200

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28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.365
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.200
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.200
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.192
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.192
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.200
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.192
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.192
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.200
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.399
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.108
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.117
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.114
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.108
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.036
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.075
21419	KFC, biscuit	49.0	1.0 biscuit	0.031
21420	KFC, Coleslaw	112.0	1.0 package	0.136
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.223
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.655
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.582
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.165
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.101
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.327
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.262
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.190
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.176
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.691
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.426
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.166
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.099
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.186
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.118
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.113
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.091
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.032

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.082
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.352
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.085
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	0.138
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	0.106
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.113
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.122
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.254
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.254
11241	Kohlrabi, raw	135.0	1.0 cup	0.202
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.007
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.311
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.096
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.335
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.109
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.207
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.075
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.218
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.082
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.374
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.106
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.391
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.365
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.104
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.391
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.366

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.103
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.391
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.353
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.096
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.391
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.361
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.102
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.391
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.419
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.126
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.437
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.138
17315	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.325
17314	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.098
17317	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.358
17316	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.122
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.145
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.031
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.179
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.173
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.179
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.085
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.174



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.085
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.173
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.085
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.179
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.034
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.011
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.110
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.119
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.136
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.102
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.119
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.045
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.148
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.043
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.148
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.141
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.045

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.119
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.119
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.043
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.110
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.110
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.110
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.136
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.220
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.094
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.102
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.094
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.110
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.102
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.110
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.119
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.119
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.094
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.128
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.094
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.128
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.110
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.102
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.145
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.085
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.102
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.110
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.094
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.119
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.110

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.102
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.119
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.119
17224	Lamb, ground, raw	28.35	1.0 oz	0.037
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.069
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.098
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.076
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.162
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.149
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.169
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.069
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.103
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.077
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.130
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.064
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.108
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.065
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.116
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.026
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.009
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.102
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.031
17255	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.094
17254	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.119
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.040
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.068
17256	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.110
17259	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.110
17258	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.119
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.094
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.094
17260	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.119
17263	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.068
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.026
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.060
17265	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.060
17264	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.023
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.068
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.114
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.149
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.106
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.163
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.084
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.151
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.088
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.167
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.196
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.195
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.132
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.141
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.141
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.158
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.159
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.246

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.130
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.144
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.161
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.184
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.147
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.158
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.175
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.198
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.174
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.198
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.174
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.199
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.064
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.123
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.065
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.137
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.091
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.111
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.100
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.128
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.238
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.268
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.247
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.278
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.133
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.183
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.145
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.208
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.087
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.067
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.094
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.071
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.135
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.136
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.161

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.161
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.000
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.000
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.238
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.278
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.239
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.279
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.032
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.037
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.065
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.110
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.215
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.254
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.234
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.254
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.094
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.196
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.082
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.255
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.111
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.102
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.062
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.416
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.808
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.255
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.051
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.031
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.031
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.042
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.020
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.068
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.031
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.145
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.051

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.313
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.313
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.002
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.151
04002	Lard	12.8	1.0 tbsp	0.000
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.166
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.377
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.150
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.155
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.185
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.232
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.130
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.131
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.060
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.073
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.223
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.140
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.140
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.207
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.054
09153	Lemon juice, canned or bottled	244.0	1.0 cup	0.105
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.146
09152	Lemon juice, raw	244.0	1.0 cup	0.112
09156	Lemon peel, raw	6.0	1.0 tbsp	0.010
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	0.000
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.005
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.001
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.007
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.002



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14287	Lemonade, powder	18.0	1.0 serving	0.005
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.170
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.352
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.352
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.774
16069	Lentils, raw	192.0	1.0 cup	1.037
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.146
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.045
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.035
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.032
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.030
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.028
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.195
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.184
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.154
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.328
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.328
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.207
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.207
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.262
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.207
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.207
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.218
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.318
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.219
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.303
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.303
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.911
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.142
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.142
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.661
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.066
09160	Lime juice, raw	242.0	1.0 cup	0.092
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.001
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.029

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09165	Litchis, dried	2.5	1.0 fruit	0.002
09164	Litchis, raw	190.0	1.0 cup	0.190
07040	Liver cheese, pork	28.35	1.0 oz	0.133
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.034
07911	Liverwurst spread	55.0	0.25 cup	0.104
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.096
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.714
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.140
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.506
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.051
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.425
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.012
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.085
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.160
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.330
09174	Loquats, raw	149.0	1.0 cup, cubed	0.149
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.131
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.131
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.209
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.053
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.158
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.122
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.060
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.158
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.046
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.124
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.015
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.015
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.643
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.087
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.099
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.125
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.047
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	0.028
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.090

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.079
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.121
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.058
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	0.116
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.087
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	0.069
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	0.069
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	0.149
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	0.149
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	0.074
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	115.0	1.0 cup small shells	0.074
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	0.166
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	0.166
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	0.032
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	0.108
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	0.111
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	0.234
11986	Malabar spinach, cooked	44.0	1.0 cup	0.038
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.008
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.033
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.122
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.015
14311	Malted drink mix, natural, powder, has milk	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.086
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.175
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.861
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.846
09436	Mango nectar, canned	251.0	1.0 cup	0.038
09176	Mangos, raw	165.0	1.0 cup pieces	0.196
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.035
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.000
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.007
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.001
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.001
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.001
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.000
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.001
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.001
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.001
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.525
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.525
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.525
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.525
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.000
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.002
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.000
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.000
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.001
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.001
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.000
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	0.003
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.000
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.000
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.001
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.001
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.001
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.001
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.000
19303	Marmalade, orange	20.0	1.0 tbsp	0.004
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.008
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.002
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.003
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.000
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.132
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.038
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.023
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.468
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.255
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.017
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.521
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.183
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.270
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.095
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item 6.42 oz	0.089
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item 6.314 oz	0.093
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.017
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.115
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.115
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.167
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.005
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	12.0 fl oz cup regular	0.184
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	12.0 fl oz cup regular	0.195
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.000
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.643
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.000
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.022
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.051
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.612
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.150
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.235
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	0.408
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item 4.744 oz	0.146
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.176
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.246

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.101
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	0.089
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.009
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.015
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item 3.175 oz	0.049
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	0.853
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.000
16106	Meat extender	88.0	1.0 cup	1.176
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.172
43132	Meatballs, meatless	144.0	1.0 cup	0.288
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.183
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.127
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.277
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.150
08510	Milk and cereal bar	25.0	1.0 bar	0.205
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.016
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.055
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.007
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.012
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.000
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.101
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.083
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.074
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.088
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.019
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.018
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.016
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.016
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.126
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.100
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.102
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.060
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.060
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.100
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.084
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.235

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.235
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.108
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.108
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.097
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.387
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.098
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.098
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.090
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.099
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.014
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.003
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.000
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.056
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.083
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.123
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.110
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.090
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.123
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.113
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.091
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.091
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.102
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.125
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.110
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.113
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.093
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.093
01109	Milk, sheep, fluid	245.0	1.0 cup	0.147
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.088
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.088
20647	Millet flour	119.0	1.0 cup	0.443
20032	Millet, cooked	174.0	1.0 cup	0.188
43483	Millet, puffed	21.0	1.0 cup	0.076
20031	Millet, raw	200.0	1.0 cup	0.768
16112	Miso	17.0	1.0 tbsp	0.034
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.025

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19304	Molasses	337.0	1.0 cup	2.258
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.128
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.128
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.014
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.008
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.051
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.094
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.008
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.076
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.230
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.128
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.085
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.075
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.551
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.306
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.081
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.054
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.065
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.051
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.038
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.052
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.026
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.022
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.025
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.095
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.043
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.026
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.022
90560	Mollusks, snail, raw	85.0	3.0 oz	0.110
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.049
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.016
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.552
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.291
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.009
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.009
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.000



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.000
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.009
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 Biscuit	0.000
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 Riblet with Sauce	0.000
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 Strips	0.080
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 Biscuit	0.105
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.000
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 Links	0.495
16587	MORNINGSTAR FARMS Breakfast Sausage Patties Maple Flavored, frozen, unprepared	38.0	1.0 Patty	0.266
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.190
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 Patty	0.142
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.170
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 Burger	0.013
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 Burger	0.142
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.142
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.000
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.172
16605	MORNINGSTAR FARMS Entree Chik'n Enchilada with Rice, frozen, unprepared	269.0	1.0 package	0.323
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 Cup	0.254
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	252.0	1.0 cup	2.268
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110.0	1.0 cup	0.880
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 Patty	0.000
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 Burger	0.384
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 Burger	0.912
16558	MORNINGSTAR FARMS Italian Herb Chik'n Pattie, frozen, unprepared	71.0	1.0 Patty	0.213
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 Entre	0.568
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 Meatballs	0.160
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.067
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 Burger	0.000
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.085
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve	160.0	1.0 Pizza	0.000
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 Burger	0.067
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.66 Cup	0.495
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	0.081
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 Burger	0.067
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 Link	0.200

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16589	MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared	64.0	1.0 link	0.064
16595	MORNINGSTAR FARMS Veggie Sweet and Sour Chik'n, frozen, unprepared	284.0	1.0 entre	0.284
07050	Mortadella, beef, pork	28.35	1.0 oz	0.037
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.165
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.165
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.717
07061	Mother's loaf, pork	28.35	1.0 oz	0.051
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.006
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.003
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.006
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.019
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	0.008
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	0.008
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.006
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.006
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.003
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.003
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.006
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.065
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.006
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.006
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.005
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.004
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.015
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	0.008
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.303
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.303
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.122
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.030
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.011
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.035
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.012
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.008
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.008
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.024
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.030

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.026
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.014
18283	Muffins, oat bran	28.35	1.0 oz	0.046
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.012
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.080
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.016
09190	Mulberries, raw	140.0	1.0 cup	0.070
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.135
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.135
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.791
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.067
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.067
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.161
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.092
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.104
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.104
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.582
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.006
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.009
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.009
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	0.010
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.006
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.006
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.006
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.006
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.003
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.006
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.012
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.003
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.003
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.013
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.006
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.017
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.012
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.008
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.011

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.006
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.010
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.004
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.018
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.011
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.026
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.006
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.096
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.095
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.024
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.005
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.039
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.090
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.163
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.148
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.127
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.148
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.127
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.231
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.231
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.035
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.056
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.155
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.025
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.148
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.148
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.073
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.045
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.137
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.137
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.162
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.162
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.191
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.101
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.175
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.175

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.229
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.004
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.107
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.028
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.004
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.002
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.003
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.002
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.024
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.128
16113	Natto	175.0	1.0 cup	0.228
09191	Nectarines, raw	143.0	1.0 cup slices	0.036
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.083
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.427
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.427
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.170
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.070
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.031
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	0.074
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.074
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.074
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	0.074
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.082
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.082
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	0.182
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	0.157
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.012
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.046
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.137
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.023
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.028
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.100
11963	Nopales, raw	86.0	1.0 cup, sliced	0.060
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.499
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.195
12059	Nuts, acorns, dried	28.35	1.0 oz	0.197

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
12058	Nuts, acorns, raw	28.35	1.0 oz	0.150
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.016
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.016
12071	Nuts, almond paste	28.35	1.0 oz	0.010
12061	Nuts, almonds	143.0	1.0 cup, whole	0.196
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.167
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.188
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.188
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.122
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.185
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.185
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.185
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.194
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.134
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.672
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.032
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.040
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.351
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.351
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.417
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.417
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.118
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.080
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.189
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.116
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.124
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.066
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.189
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.188
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.100
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.545
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.711
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.029
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	1.021
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.080
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.119

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.006
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.007
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.086
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.085
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.182
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.026
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.252
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.087
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.043
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.063
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.072
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.079
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.077
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.099
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.112
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.307
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.182
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.093
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.647
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.166
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.176
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.230
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.474
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.474
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.368
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.406
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	137.0	1.0 cup	0.406
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.100
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.472
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.472
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.101
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.259
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.259
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.229
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.053
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.053

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.206
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.206
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.138
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.127
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.031
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.380
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.380
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	2.091
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.729
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.628
20034	Oat bran, cooked	219.0	1.0 cup	0.055
20033	Oat bran, raw	94.0	1.0 cup	0.155
20132	Oat flour, partially debranned	104.0	1.0 cup	0.130
20038	Oats	156.0	1.0 cup	0.186
04529	Oil, almond	13.6	1.0 tablespoon	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
04582	Oil, canola	14.0	1.0 tbsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000
04583	Oil, mustard	14.0	1.0 tbsp	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
04588	Oil, oat	13.6	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
16130	Okara	122.0	1.0 cup	0.140
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.150
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.150
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.034
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.034
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.040
11278	Okra, raw	100.0	1.0 cup	0.215
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.409
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.556
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.515
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.392
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.064
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.001
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.002
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.001
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.312
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.122
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.405
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.056
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.112
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.086
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.271
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.271
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.080
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.010
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.010
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.071
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.147

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.147
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.088
11282	Onions, raw	160.0	1.0 cup, chopped	0.192
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.061
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.192
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.180
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.005
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	0.012
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.006
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.089
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.022
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.000
42270	Orange juice drink	249.0	1.0 cup	1.245
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.077
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.189
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.189
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.189
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.189
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.162
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.681
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.681
09206	Orange juice, raw	248.0	1.0 cup	0.099
09216	Orange peel, raw	6.0	1.0 tbsp	0.011
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.150
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.208
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.035
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	0.000
14425	Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.000
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.057
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.108
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.113
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.094
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.130
09205	Oranges, raw, with peel	170.0	1.0 cup	0.158
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.048
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	28.0	1.0 serving (1 slice)	0.046

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)	56.0	1.0 serving	0.190
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	28.0	1.0 serving (1 slice)	0.092
07211	OSCAR MAYER, Ham and Cheese Loaf	28.0	1.0 serving	0.070
07218	OSCAR MAYER, Head Cheese	28.0	1.0 serving	0.036
07229	OSCAR MAYER, Salami (Genoa)	27.0	1.0 serving 3 slices	0.092
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.119
07237	OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat	46.0	1.0 serving 2 slices	0.120
07238	OSCAR MAYER, Summer Sausage Thuringer Cervalat	46.0	1.0 serving 2 slices	0.138
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.032
07206	OSCAR MAYER. Bologna (Wisconsin made ring)	56.0	1.0 serving	0.078
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	0.436
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.466
05641	Ostrich, ground, raw	109.0	1.0 patty	0.518
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	0.472
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	0.447
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	0.478
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.473
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.456
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	0.464
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.467
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	0.468
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.431
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.439
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.441
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	0.463
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.437
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	0.457
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.433
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.167
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.147
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.014
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.124
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.013
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.089
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.026
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.052

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.030
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.079
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.013
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.041
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.010
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.064
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.031
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.143
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.199
09229	Papaya nectar, canned	250.0	1.0 cup	0.022
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.006
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.055
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.005
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.006
11297	Parsley, fresh	60.0	1.0 cup chopped	0.054
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.073
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.073
11298	Parsnips, raw	133.0	1.0 cup slices	0.120
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.124
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.148
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.236
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.162
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.156
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.179
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.226
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.184
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.146
20092	Pasta, corn, cooked	140.0	1.0 cup	0.081
20091	Pasta, corn, dry	105.0	1.0 cup	0.216
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.119
20094	Pasta, fresh-refrigerated, plain, cooked	57.0	2.0 oz	0.019
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.403
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.064
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.021
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.016
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.103

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07052	Pastrami, turkey	57.0	2.0 slices	0.154
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.046
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.008
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.034
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.008
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.008
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.034
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.017
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.017
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.050
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.047
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.050
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.029
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.048
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.048
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.046
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.131
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.184
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.095
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.098
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.107
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.045
09236	Peaches, raw	154.0	1.0 cup slices	0.038
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.046
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.047
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.134
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.134
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.806
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.072
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.141
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.141
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.112
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.714
16099	Peanut flour, defatted	60.0	1.0 cup	0.302
16100	Peanut flour, low fat	60.0	1.0 cup	0.182
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.146

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.096
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.132
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.680
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.664
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.664
16087	Peanuts, all types, raw	28.35	1.0 oz	0.099
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.376
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.376
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.508
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.350
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.350
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.496
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.363
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.363
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.505
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.035
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.035
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.027
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.037
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.035
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.037
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.028
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.035
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.035
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.034
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.092
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.089
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.130
09252	Pears, raw	140.0	1.0 cup, slices	0.041
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.036
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.029
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.036
09413	Pears, raw, red anjou	126.0	1.0 small	0.049
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.224
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.224
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.070

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.242
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.071
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.230
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.157
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.157
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.099
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.230
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.230
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.278
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.278
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.222
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.157
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.098
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.054
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.081
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.081
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.222
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.346
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.346
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.090
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.090
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.111
11304	Peas, green, raw	145.0	1.0 cup	0.245
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.343
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.318
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.094
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.094
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.005
11230	Pepeao, dried	24.0	1.0 cup	0.228
11976	Pepper, banana, raw	124.0	1.0 cup	0.443
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.270
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0.007
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.601
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.167
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.300



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.112
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.125
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.112
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.228
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.140
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.258
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.377
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.296
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.530
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.249
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.027
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.315
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.009
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.146
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.130
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.334
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.225
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.249
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.028
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.315
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.009
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.146
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.146
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.130
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.434
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.386
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.312
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.168
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.629
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	1.050
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.733
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.561
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.629
18338	Phyllo dough	28.35	1.0 oz	0.009
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.159
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.024
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.012
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.012
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.014
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.013
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.038
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.084
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.078
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.022
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.010
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.067
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.081
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.106
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.040
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.046
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.018
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.011
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.009
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.069
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.101
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.006
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.005
19312	Pie fillings, apple, canned	74.0	0.125 can	0.012
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.044
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.027
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.023
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.011
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.011
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.009
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.010
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.038
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.010
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.010

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.012
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.010
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.024
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.008
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.013
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.019
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.003
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.051
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.014
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.009
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.009
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.009
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.009
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.008
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.018
18323	Pie, peach	28.35	1.0 oz	0.007
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.011
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.017
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.018
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.013
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.014
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.084
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.084
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.580
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.081
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.081
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.105
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.152
11943	Pimento, canned	12.0	1.0 tbsp	0.026
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.013
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.015
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.250
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.250
09510	Pineapple juice, DOLE, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.250
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.185
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.551

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.192
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.188
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.136
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.184
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.186
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.182
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.184
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.185
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.188
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.175
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.109
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.107
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.075
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.146
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.134
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.185
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.084
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.090
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.139
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.047
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.099
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.102
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.088
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.107
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.112
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.074
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.121
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.056
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.067
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.128
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.090
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.213
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.238
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	0.145
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.480
09446	Plantains, green, fried	118.0	1.0 cup	0.312

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09277	Plantains, raw	148.0	1.0 cup, sliced	0.443
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.490
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.051
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.070
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.070
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.068
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.068
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.067
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.503
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.541
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.357
09279	Plums, raw	165.0	1.0 cup, sliced	0.048
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.150
11349	Poi	240.0	1.0 cup	0.655
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.183
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.183
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.234
07059	Polish sausage, pork	85.0	3.0 oz	0.161
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.100
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.065
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.048
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.024
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.013
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.028
21416	POPEYES, Coleslaw	120.0	1.0 package	0.122
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.755
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.488
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.179
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.130
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.324
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.302
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.108
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.048
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.262
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.226
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.012
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.007
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.071
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.368
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	1071.0	1.0 ribs	4.980
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.090
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.053
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.041
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.033
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	0.240
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.230
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.043
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.004
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.025
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.028
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.047
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.062
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.074
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	0.289
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.178
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	0.626
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.002
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.349
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.071
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.369
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.225
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.272
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.067
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.296
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.209
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.371
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.079
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.392
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.251
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.366
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.370

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.331
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.115
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.335
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.351
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.269
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.067
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.285
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.070
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.294
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.068
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.340
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.227
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.363
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.097
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.382
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.308
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.456
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.462
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.221
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.083
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.221
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.250
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.309
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.087
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.326
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.286
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.304
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.102
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.324
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.334
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.320
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.286
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.333
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.299
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.428
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.430

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.612
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.101
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.103
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.621
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.392
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.134
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.393
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.134
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.560
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.490
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.532
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.113
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.099
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.434
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.119
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.133
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.630
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.630
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.560
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.644
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.094
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.045
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.420
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.379
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.401
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.407
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.146
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.171
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.219
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.374
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.122
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.401
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.132
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.433
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.381
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.459



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.410
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.105
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.574
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.658
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.742
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.023
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.009
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.009
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.392
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.518
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.178
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.074
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.011
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.351
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.359
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.037
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.675
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.081
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.143
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.490
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.461
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.126
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.183
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.477
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.177
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.370
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.145
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	0.199
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	0.078
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.516
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.634
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.518
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.643
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	107.0	1.0 chop	0.482

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	146.0	1.0 chop	0.682
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	107.0	1.0 chop	0.498
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	146.0	1.0 chop	0.726
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.394
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.408
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.415
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.433
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.332
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.109
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.676
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.143
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.457
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.473
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.376
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.404
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.406
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.451
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.543
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.114
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.608
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.142
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.363
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.396
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.464
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.489
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.415
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.416
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.405
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.438
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.439
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.426
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.459
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.371
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.391
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.406
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.420

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.441
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.569
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.446
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.592
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.472
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.023
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.478
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.631
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	137.0	1.0 chop	0.486
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	170.0	1.0 chop	0.571
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	137.0	1.0 chop	0.525
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	170.0	1.0 chop	0.617
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.412
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.435
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.907
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.625
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.354
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.399
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.417
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.713
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.434
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.453
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.574
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.466
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.264
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.315
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.303
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.281
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.340
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.330
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.412
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.439
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.309

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.340
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.651
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.578
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.667
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.664
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.406
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.690
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.701
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.722
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.701
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.722
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.393
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.490
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.643
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.683
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.510
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.519
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.431
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.478
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.457
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.515
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.445
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.496
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.449
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.502
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.638
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.667
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.453
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.462
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.438
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.625
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.650

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.449
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.628
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.660
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.714
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	0.733
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.725
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.009
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.792
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.617
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.757
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.047
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.822
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.643
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.588
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.610
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.606
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.642
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.311
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.394
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.439
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.401
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.329
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.418
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.469
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.448
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.054
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.041
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.381
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.413
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.399
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.443
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.294
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.470
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.374
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.308
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.349

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.416
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.196
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.371
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.235
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.264
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.389
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.099
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.428
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.118
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.298
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.502
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.488
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.119
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.054
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.000
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.004
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.011
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.006
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.032
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.015
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.566
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.111
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.026
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.644
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.125
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.009
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.484
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.196
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.068
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.028
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.105
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.374
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.130
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.051
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.017
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.018

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.010
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.230
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.105
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.196
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.068
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.574
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.377
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.521
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.455
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.623
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.609
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.533
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.755
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.470
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.417
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.586
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.366
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.044
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.075
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.460
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.614
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.682
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.546
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.190
11413	Potato flour	160.0	1.0 cup	1.230
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.099
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.096
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.233
22971	Potato salad with egg	125.0	0.5 cup	0.144
11414	Potato salad, home-prepared	250.0	1.0 cup	0.352
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.062
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.055
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.039
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.426
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.426
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.190

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.460
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.184
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.184
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	0.356
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.356
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.233
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.233
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.081
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.081
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.210
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.210
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.338
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.342
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.411
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.221
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.198
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.158
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.116
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.136
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.117
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.122
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.161
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.119
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.051
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.040
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.257
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.255
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.122
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.106
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.117
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.466
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.354
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.091
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.360
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.736
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.472



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.409
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.449
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.774
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	1.722
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.206
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.019
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.336
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.019
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.487
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.466
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.519
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.021
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.695
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.249
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.249
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.285
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.695
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.285
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.413
11362	Potatoes, raw, skin	38.0	1.0 skin	0.091
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.634
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.128
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.058
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.259
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.103
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.047
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.436
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.436
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.631
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.152
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.360
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.014
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.431
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.726
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.636
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.053

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.059
43109	Pretzels, soft	143.0	1.0 large	0.029
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.029
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.011
09287	Prickly pears, raw	149.0	1.0 cup	0.089
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.015
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.700
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.110
09294	Prune juice, canned	256.0	1.0 cup	0.558
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.475
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.535
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.983
19333	Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.015
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.000
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.000
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.053
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.038
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.001
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.048
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.036
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.004
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.003
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.012
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.054
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.056
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.016
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.041
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.043
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.005
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.018
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.041
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.056
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.054

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.044
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.203
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.202
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.003
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.051
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.004
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.004
19194	Puddings, rice, dry mix	106.0	1.0 package	0.014
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.045
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.044
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.059
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.001
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.042
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.042
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.029
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.007
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.022
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.002
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.051
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.044
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.039
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.005
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.019
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.006
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.005
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.618
09295	Pummelo, raw	190.0	1.0 cup, sections	0.068
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.067
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.139
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.139
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.081
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.429
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.137

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.137
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.108
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.108
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.067
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.071
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.080
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.080
11427	Purslane, raw	43.0	1.0 cup	0.031
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.451
43282	Quail, cooked, total edible	28.35	1.0 oz	0.176
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.654
05158	Quail, meat only, raw	92.0	1.0 quail	0.488
01267	Queso cotija	5.0	2.0 tsp	0.002
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.037
20137	Quinoa, cooked	185.0	1.0 cup	0.228
20035	Quinoa, uncooked	170.0	1.0 cup	0.828
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.023
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.108
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.150
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.056
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.056
11432	Radishes, oriental, dried	116.0	1.0 cup	0.717
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.053
11429	Radishes, raw	116.0	1.0 cup slices	0.082
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.038
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.533
09299	Raisins, seeded	165.0	1.0 cup, packed	0.310
09298	Raisins, seedless	165.0	1.0 cup, packed	0.287
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.030
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.108
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.085
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.077
09302	Raspberries, raw	123.0	1.0 cup	0.068
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.135
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.172
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.247

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.144
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.085
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.005
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.261
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.245
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.245
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.259
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.924
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.608
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1.057
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.149
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.044
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	1.081
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1.468
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	1.558
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	1.490
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.751
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	1.814
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.035
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.668
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.504
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.516
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.963
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.437
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.129
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.522
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.401
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.181
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.191
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.078
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.215
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.125
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	1.109
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.192

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	0.384
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.617
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.604
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.428
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.105
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.286
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.261
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.277
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.071
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.236
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.044
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.248
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.132
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.217
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.174
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.281
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.292
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.187
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.076
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.298
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.154
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.411
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.382
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.048
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.034
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.029
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.037
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.098
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.116
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.102
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.317
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.272
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.200
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.544

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20060	Rice bran, crude	118.0	1.0 cup	4.803
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.006
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	0.094
20090	Rice flour, brown	158.0	1.0 cup	1.163
20061	Rice flour, white	158.0	1.0 cup	0.689
20134	Rice noodles, cooked	176.0	1.0 cup	0.011
20133	Rice noodles, dry	57.0	2.0 oz	0.009
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	0.283
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.942
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.291
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.967
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	0.045
20054	Rice, white, glutinous, raw	185.0	1.0 cup	0.198
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.246
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.836
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.246
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.836
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.116
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.082
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	0.147
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.147
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.147
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	0.147
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.303
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.303
20051	Rice, white, medium-grain, cooked	186.0	1.0 cup	0.093
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.093
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.283
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.283
20053	Rice, white, short-grain, cooked	186.0	1.0 cup	0.110
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.121
20052	Rice, white, short-grain, raw	200.0	1.0 cup	0.342
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.342
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.029
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.085
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.043

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18344	Rolls, dinner, egg	28.35	1.0 oz	0.015
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.013
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.027
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.017
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.027
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.021
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.055
18349	Rolls, french	28.35	1.0 oz	0.011
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.026
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	0.030
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.011
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.010
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.036
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.097
02063	Rosemary, fresh	0.7	1.0 tsp	0.002
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	1.441
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.122
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.173
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.140
20063	Rye flour, dark	128.0	1.0 cup	0.567
20065	Rye flour, light	102.0	1.0 cup	0.239
20064	Rye flour, medium	102.0	1.0 cup	0.273
20062	Rye grain	169.0	1.0 cup	0.497
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.012
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.006
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.008
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.003
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.003
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.004
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.004
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.014
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.000
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.003
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.000
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.000



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.000
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.009
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.009
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.002
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.006
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.005
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.008
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.009
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.009
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.000
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.004
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.010
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.003
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.000
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.003
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.000
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.002
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.001
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.080
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.009
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.007
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	0.004
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.003
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.004
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.015
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.001
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.002
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
07068	Salami, cooked, beef	26.0	1.0 slice	0.047
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.056
07070	Salami, cooked, turkey	28.0	1.0 serving	0.120
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.622
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.043
07926	Salami, Italian, pork	28.0	1.0 oz	0.154
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.140
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.489
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.881
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.102
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.280
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.368
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.294
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.294
02047	Salt, table	6.0	1.0 tsp	0.000
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.165
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.018
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.003
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.089
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	1.260
06150	Sauce, barbecue	17.0	1.0 tbsp	0.013
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.014
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.017
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.013
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.003
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.013
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.011
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.021
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.048
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.011
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.071
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.010
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.100
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.095
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.102

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.003
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.228
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.221
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.014
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.034
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.021
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.086
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.015
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.007
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.007
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.063
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.025
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.375
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.036
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.019
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.013
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.018
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.036
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.010
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.000
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	0.128
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.185
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.046
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	0.235
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.179
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.274
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.339
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.157
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.213
16107	Sausage, meatless	25.0	1.0 link	0.207
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.104
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.129
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.100
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.139
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.037
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.116

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.213
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.019
21145	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza- frozen	155.0	1.0 slice 1/8 per pizza	0.153
21146	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza- frozen	156.0	1.0 slice 1/8 per pizza	0.212
21149	School Lunch Pizza, TONY'S Breakfast Pizza Sausage- frozen	91.0	1.0 piece 3.2 oz	0.088
21147	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese- frozen	130.0	1.0 piece 4" x 6"	0.201
21148	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese- frozen	127.0	1.0 piece 4"x6"	0.226
07951	Scrapple, pork	17.0	1.0 cubic inch	0.020
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.003
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.012
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.008
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.007
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.000
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.041
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0.408
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.000
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.084
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.091
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.119
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	1.096
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.114
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.217
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.723
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.165
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.230
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.049
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.201
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.048
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.184
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.118
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.118
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.024
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.024
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.332
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.329

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.131
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.022
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.022
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.021
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.022
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.043
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.040
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.043
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.041
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.600
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.187
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.187
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.138
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.227
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.576
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.088
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.088
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.482
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.029
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.619
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.029
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.029
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.069
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.069
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.079
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.079
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.096
20066	Semolina, enriched	167.0	1.0 cup	0.172
20466	Semolina, unenriched	167.0	1.0 cup	0.172
14428	Shake, fast food, strawberry	23.5	1.0 fl oz	0.010
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.012
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.015
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.034
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.017
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	0.000
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000
21140	Side dishes, potato salad	95.0	0.333 cup	0.142
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.122
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.088
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.122
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.044
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.138
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.009
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.033
19400	Snacks, banana chips	28.35	1.0 oz	0.074
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.051
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.058
25059	Snacks, brown rice chips	9.0	1.0 cake	0.013
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.014
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.006
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.400
19419	Snacks, corn cakes	9.0	1.0 cake	0.013
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.013
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.065
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.065

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.047
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.185
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.011
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.042
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.022
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.018
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.053
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.494
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.197
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.076
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.057
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.082
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.085
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.063
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.063
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.026
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.021
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.112
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.182
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.248
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.074
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.504
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.022
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.214
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.029
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.036
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.034
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.013
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.016
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.027
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.018
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.400
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.025
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.035
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.030
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.028

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.014
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.034
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.029
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.028
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.028
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.044
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.029
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.370
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.198
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	0.500
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.065
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.013
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.033
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.196
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.020
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.031
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.130
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.013
19806	Snacks, popcorn, air-popped, white popcorn	8.0	1.0 cup	0.020
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.018
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.052
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.008
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.026
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.017
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.060
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.048
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.022
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.012
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.023
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.044
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.007
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.106
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.099
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.227
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.045
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.182



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.071
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.148
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.151
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.117
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.135
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.187
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.187
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.149
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.187
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.190
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.189
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.173
19415	Snacks, potato sticks	28.35	1.0 oz	0.091
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.049
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.033
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.033
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.033
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.021
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.078
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.012
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.012
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.013
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.012
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.012
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	0.013
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.013
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.013
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.014
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.014
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.024
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.024
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.145
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.152
19524	Snacks, taro chips	28.35	1.0 oz	0.124
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.113
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.051
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.062
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.081
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.065
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.051
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.057
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.084
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.055
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.447
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.447
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.378
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.378
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.458
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.150
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.155
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.037
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.109
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.393
20067	Sorghum grain	192.0	1.0 cup	0.851
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.113
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.263
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.132
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.122
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.040
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.040
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.151
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.315
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.025
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.024
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.007
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.007
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.024
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.007
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.007
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.050
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.038
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.144
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.180
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.086
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.003
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.077
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.025
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.078
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.025
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.184
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.005
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.000
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.004
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.005
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	0.014
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.024
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.000
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.063
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.063
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.050
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.052
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.050
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.175
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.024
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.050
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.147
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.048
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.103
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.047
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	0.037
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.036
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.025

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.024
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.049
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.316
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.154
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.135
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.265
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.150
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	0.164
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.264
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.101
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.097
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.131
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.176
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.126
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.675
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	0.027
06034	Soup, crab, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	0.122
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.013
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.064
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.012
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.013
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.064
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.012
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.000
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.015
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.067
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.017
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.052
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.019
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.100
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.068
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.017
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.024
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.025
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.037
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.089
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup (8 fl oz)	0.038
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.086
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.037
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.018
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.048
06035	Soup, escarole, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.223
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.149
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.223
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.240
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.098
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.099
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.147
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.176
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.171
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.038
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.049
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.044
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.058
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.012
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.064
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.012
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.051
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.104
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.052
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.052
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.216
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.068
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.068
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	0.063
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.031
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.030
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.032

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.026
06055	Soup, scotch broth, canned, condensed	123.0	0.5 cup (4 fl oz)	0.074
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.056
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.132
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.146
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.086
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.032
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.176
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.085
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.090
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.141
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.089
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.077
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.074
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.127
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.104
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.154
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.104
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.154
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.104
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.037
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.048
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.307
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.076
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.073
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.096
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.213
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.057
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.055
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.210
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.057
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.055
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.169
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.002
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.000
01179	Sour cream, light	12.0	1.0 tablespoon	0.002

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01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.002
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.002
09315	Soursop, raw	225.0	1.0 cup, pulp	0.133
16117	Soy flour, defatted	105.0	1.0 cup	0.603
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	1.050
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.387
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	0.392
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.298
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	0.298
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.924
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	0.459
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.694
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	0.694
16421	Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash	28.35	1.0 oz	0.038
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.038
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.038
16122	Soy protein isolate	28.35	1.0 oz	0.028
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.028
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	0.028
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.026
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.036
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.024
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.023
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.006
43299	Soybean, curd cheese	225.0	1.0 cup	0.158
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.108
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.108
11450	Soybeans, green, raw	256.0	1.0 cup	0.166
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.402
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.402
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.209
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	0.701
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.358
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.358
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.099
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.099

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.062
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.566
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.058
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.119
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.187
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.187
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.039
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.187
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.075
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.198
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	0.069
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	0.069
20521	Spaghetti, cooked, unenriched, with added salt	140.0	1.0 cup	0.069
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	0.069
20120	Spaghetti, dry, enriched	57.0	2.0 oz	0.081
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	0.081
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	0.090
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.090
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	0.101
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.101
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.134
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.184
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	0.111
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	0.127
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.170
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.000
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.000
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.000
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.000
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.000
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.000
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	0.000
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.000
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.190



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.174
02066	Spearmint, dried	0.5	1.0 tsp	0.013
02065	Spearmint, fresh	0.3	2.0 leaves	0.000
20141	Spelt, cooked	194.0	1.0 cup	0.155
20140	Spelt, uncooked	174.0	1.0 cup	0.400
02001	Spices, allspice, ground	1.9	1.0 tsp	0.004
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.014
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.009
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.010
02005	Spices, caraway seed	2.1	1.0 tsp	0.008
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.005
02007	Spices, celery seed	2.0	1.0 tsp	0.018
02008	Spices, chervil, dried	0.6	1.0 tsp	0.006
02009	Spices, chili powder	2.7	1.0 tsp	0.057
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004
02011	Spices, cloves, ground	2.1	1.0 tsp	0.008
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.004
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.009
02015	Spices, curry powder	2.0	1.0 tsp	0.002
02016	Spices, dill seed	2.1	1.0 tsp	0.005
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.017
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.009
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.022
02020	Spices, garlic powder	3.1	1.0 tsp	0.051
02021	Spices, ginger, ground	1.8	1.0 tsp	0.011
02022	Spices, mace, ground	1.7	1.0 tsp	0.003
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.007
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.008
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.004
02026	Spices, onion powder	2.4	1.0 tsp	0.017
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.010
02028	Spices, paprika	2.3	1.0 tsp	0.049
02029	Spices, parsley, dried	0.5	1.0 tsp	0.005
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.007
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.044
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.002

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
02033	Spices, poppy seed	2.8	1.0 tsp	0.007
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.020
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.007
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.021
02037	Spices, saffron	0.7	1.0 tsp	0.007
02038	Spices, sage, ground	0.7	1.0 tsp	0.019
02039	Spices, savory, ground	1.4	1.0 tsp	0.025
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.014
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.006
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.003
11658	Spinach souffle	136.0	1.0 cup	0.133
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.187
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.214
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.187
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.436
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.436
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.129
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.129
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.268
11457	Spinach, raw	30.0	1.0 cup	0.058
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.185
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.118
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.535
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.349
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	1.330
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.009
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.117
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.117
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.246
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.088
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.140
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.140
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.190
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.190
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.114
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.132

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.076
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.204
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.142
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.072
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.144
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.100
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.100
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.048
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.202
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.345
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.398
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.398
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.287
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.287
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.216
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.330
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.330
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.181
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.254
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.254
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.166
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.166
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.124
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.216
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.353
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.353
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.243
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.243
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.179
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.153
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.153
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.102
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.023
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.126
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.374
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.327

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.082
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.092
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.124
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.076
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.071
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.062
09316	Strawberries, raw	152.0	1.0 cup, halves	0.071
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000
14351	Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.104
18354	Strudel, apple	28.35	1.0 oz	0.013
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	0.398
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	0.523
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	0.642
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.340
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.125
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.223
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.223
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.161
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.161
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.156
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.500
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.001
19335	Sugars, granulated	2.8	1.0 serving packet	0.000
19340	Sugars, maple	3.0	1.0 tsp	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.002
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.015
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.009
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	0.009
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	0.009
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	0.009
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	0.009
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.009
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	0.009
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	0.021
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	0.006

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.054
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.079
11504	Swamp cabbage, cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.079
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.102
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.102
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.066
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.599
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.122
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.116
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.485
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.326
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.572
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.541
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.541
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.052
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.327
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.327
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.312
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.278
18355	Sweet rolls, cheese	28.35	1.0 oz	0.020
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.030
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.009
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.010
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.016
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.005
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0.000
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.100
90480	Syrup, Cane	21.0	1.0 serving	0.000
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.061
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.006
19349	Syrups, corn, dark	328.0	1.0 cup	0.030
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000
19350	Syrups, corn, light	341.0	1.0 cup	0.000
43026	Syrups, dietetic	240.0	1.0 cup	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	0.000
19352	Syrups, malt	332.0	1.0 cup	1.660
19353	Syrups, maple	20.0	1.0 tbsp	0.000
19355	Syrups, sorghum	330.0	1.0 cup	2.211
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.000
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.028
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.000
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.002
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.000
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.000
19113	Syrups, table blends, pancake, with butter	20.0	1.0 tbsp	0.000
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.024
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.176
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.301
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.519
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.158
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.024
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.049
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.185
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.234
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.312
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.250
21268	TACO BELL, Nachos	80.0	1.0 serving	0.172
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.351
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.062
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.061
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.108
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.108
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.549
18360	Taco shells, baked	12.9	1.0 shell	0.026
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.084

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
35147	Tamales (Navajo)	186.0	1.0 piece	0.266
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.296
09437	Tamarind nectar, canned	251.0	1.0 cup	0.018
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.079
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.080
09221	Tangerine juice, raw	247.0	1.0 cup	0.104
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.105
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.081
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.106
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.152
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.012
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.075
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.059
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.104
11520	Taro leaves, raw	28.0	1.0 cup	0.041
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.157
11522	Taro shoots, raw	43.0	0.5 cup slices	0.048
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.437
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.437
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.104
11518	Taro, raw	104.0	1.0 cup, sliced	0.294
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.157
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.160
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.160
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.145
14544	Tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.000
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0.002
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.002
14548	Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.005
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.003
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0.003
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0.003

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0.000
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0.003
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.002
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0.002
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0.000
14601	Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice	30.0	1.0 fluid ounce	0.000
20143	Teff, cooked	252.0	1.0 cup	0.244
20142	Teff, uncooked	193.0	1.0 cup	0.930
16114	Tempeh	166.0	1.0 cup	0.357
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.146
02049	Thyme, fresh	0.8	1.0 tsp	0.003
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.164
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.147
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.262
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.237
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.200
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.200
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.198
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.200
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.198
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.375
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.203
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	0.198
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.208
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.208
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	0.208
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.208
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.208
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.012
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.026
43476	Tofu yogurt	262.0	1.0 cup	0.052
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.049
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.049
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.057



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.089
16129	Tofu, fried	28.35	1.0 oz	0.028
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.013
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.048
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.116
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.058
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.010
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.010
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.062
11954	Tomatillos, raw	34.0	1.0 medium	0.019
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.339
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.170
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.170
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	0.143
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.143
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.315
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.315
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.240
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.432
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.023
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.326
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.654
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.485
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.378
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.240
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.182
11527	Tomatoes, green, raw	180.0	1.0 cup	0.146
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.095
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.266
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.266
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.043
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.248
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.190
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.087
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.190
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.119

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.179
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.351
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.078
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.006
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.001
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.584
19366	Toppings, pineapple	340.0	1.0 cup	0.095
19137	Toppings, strawberry	42.0	2.0 tbsp	0.005
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.035
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.051
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.057
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.063
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.118
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.062
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.062
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	0.024
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.014
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.014
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.128
18952	Tostada shells, corn	12.3	1.0 piece	0.045
21088	Tostada with guacamole	261.0	2.0 pieces	0.261
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.055
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.127
20069	Triticale	192.0	1.0 cup	0.265
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.524
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.085
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.442
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.030
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.034
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.036
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.272
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	0.042
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.061
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.374
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.560
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	0.574

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	0.592
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	0.659
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.652
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.604
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.691
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.319
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.103
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	0.059
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.317
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.055
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.323
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	0.365
07082	Turkey roll, light and dark meat	28.35	1.0 oz	0.077
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.184
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.246
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.300
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.128
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.196
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.420
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.538
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.701
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.234
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.357
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.686
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.101
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.135
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	0.283
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	0.508
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.361
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.592
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.374
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.372
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.659
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.592
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.691

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.686
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.446
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	0.361
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.366
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.111
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.079
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.361
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.370
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.691
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.686
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.069
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.353
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	0.314
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	0.370
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	0.045
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	0.246
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.372
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.357
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.079
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.125
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.122
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.115
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.129
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.349
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.467
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.811
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.477
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.085
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	0.397
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.671
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.615
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	7.163
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.692
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.338
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.288
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.115

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.307
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	0.643
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	0.624
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	9.836
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.377
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.356
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.411
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.410
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.502
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.457
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.556
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.197
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.319
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.047
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.081
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.032
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.681
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.361
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.370
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.374
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.372
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.141
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	0.459
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	0.471
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	0.571
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	0.165
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.519
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.556
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.524
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.509
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.547
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.554
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.659
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.592
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.691
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.686

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.080
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.022
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.109
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.109
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.070
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.058
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.043
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.259
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.259
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.055
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.110
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.082
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.145
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.105
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.105
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.105
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.105
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.045
11564	Turnips, raw	130.0	1.0 cup, cubes	0.117
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.121
93600	Turtle, green, raw	85.0	3.0 oz	0.102
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.359
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.180
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.374
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.076
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.037
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.205
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.107
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.182
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.095
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.036
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.290
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.288
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.122

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.176
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.066
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.264
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.073
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.065
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.047
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.395
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.079
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.063
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.062
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.017
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.255
14086	V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	0.201
14087	V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	0.201
14088	V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	0.000
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	0.039
14621	V8 V. FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	0.039
14622	V8 V. FUSION Juices, Tropical	246.0	1.0 serving 8 oz	0.039
02050	Vanilla extract	4.2	1.0 tsp	0.001
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.001
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.222
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.231
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.031
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.222
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.246
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.094
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.043
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.264
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.116
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.280
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.122
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.323
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.128
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.152
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.150

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.331
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.432
17142	Veal, ground, raw	85.0	3.0 oz	0.379
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.306
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.340
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.416
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.264
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.130
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.314
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.357
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.434
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.264
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.133
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.647
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.509
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.544
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.587
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.221
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.289
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.513
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.238
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.314
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.581
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.272
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.212
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.119
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.289
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.230
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.125
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.225
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.124
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.230
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.125
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.333
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.343
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.246



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.246
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.125
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.255
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.255
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.130
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.349
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.371
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.370
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.396
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.204
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.204
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.212
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.204
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.212
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.221
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.111
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.221
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.221
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.113
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.298
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.272
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.139
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.323
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.289
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.147
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.145
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.280
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.079
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.178
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.122
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.153
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.105
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.734
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.597
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.271
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.051

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.031
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.161
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.054
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.060
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.031
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.023
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.010
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.128
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.054
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.010
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.180
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.180
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.146
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.129
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.189
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.067
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.067
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.091
43134	Vegetarian fillets	85.0	1.0 fillet	1.275
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.672
43136	Vegetarian stew	247.0	1.0 cup	2.717
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.212
43114	Vermicelli, made from soy	140.0	1.0 cup	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	0.425
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	0.425
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.387
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.311
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	0.325
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.379
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.399
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.296
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.255

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.016
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.400
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.356
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
14384	Water, bottled, PERRIER	29.6	1.0 fl oz	0.000
14385	Water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
14411	Water, tap, drinking	29.6	1.0 fl oz	0.000
14429	Water, tap, municipal	29.6	1.0 fl oz	0.000
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.168
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.203
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.111
11591	Watercress, raw	34.0	1.0 cup, chopped	0.044
09326	Watermelon, raw	154.0	1.0 cup, balls	0.069
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.056
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.056
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.046
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.173
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.586
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.249
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.250
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.400
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.275
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.000
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.435
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	1.233
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.145
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.317
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.059
20077	Wheat bran, crude	58.0	1.0 cup	0.756
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.055
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.055
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.055
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.062
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.055
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.051

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.045
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.044
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.488
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.051
20078	Wheat germ, crude	115.0	1.0 cup	1.495
20076	Wheat, durum	192.0	1.0 cup	0.804
20071	Wheat, hard red spring	192.0	1.0 cup	0.645
20072	Wheat, hard red winter	192.0	1.0 cup	0.576
20074	Wheat, hard white	192.0	1.0 cup	0.707
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.120
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.482
20073	Wheat, soft red winter	168.0	1.0 cup	0.457
20075	Wheat, soft white	168.0	1.0 cup	0.635
20087	Wheat, sprouted	108.0	1.0 cup	0.286
01113	Whey, acid, dried	57.0	1.0 cup	0.353
01112	Whey, acid, fluid	246.0	1.0 cup	0.103
01115	Whey, sweet, dried	145.0	1.0 cup	0.847
01114	Whey, sweet, fluid	246.0	1.0 cup	0.076
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.000
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.015
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0.000
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.000
14024	Whiskey sour mix, powder	17.0	1.0 packet	0.000
20089	Wild rice, cooked	164.0	1.0 cup	0.221
20088	Wild rice, raw	160.0	1.0 cup	0.626
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0.006
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.051
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.051
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.050
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.081
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.081
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0.318
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.271
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.019
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.009
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.495

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.690
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.055
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	0.595
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.180
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0.576
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.200
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.170
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.124
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.275
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0.275
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.460
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.368
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0.315
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.220
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.114
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0.385
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	0.284
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.080
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.144
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.216
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.220
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.124
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.495
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.310
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.310
11601	Yam, raw	150.0	1.0 cup, cubes	0.439
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.050
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.025
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.025
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.022
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.162
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.162
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.620
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.320
43406	Yeast extract spread	6.0	1.0 tsp	0.000
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	0.331

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.347
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.080
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.080
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.027
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.068
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.068
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.068
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.068
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.076
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.063
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	0.076
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	0.076
01281	Yogurt, Greek, non fat, strawberry, CHOBANI	150.0	5.3 oz	0.075
01280	Yogurt, Greek, non fat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.076
01275	Yogurt, Greek, non fat, vanilla, CHOBANI	150.0	5.3 oz	0.080
01278	Yogurt, Greek, non fat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.070
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.107
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.075
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.083
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.090
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.054
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.076
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.063
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.076
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.076
03217	Zwieback	28.35	1.0 oz	0.023